



POWER & GLORY

Why GB's Shane Sutton is bringing corporate cycle challenge to Wharf



BACK PAGE



GETTY

Court side-by-side

Models Cara Delevingne and Jourdan Dunn hug it out at the NBA Live match between the Brooklyn Nets and Atlanta Hawks at The O2. Celebs were out in force for the basketball showcase.

More pictures / Page 3

Question mark over bid to build on top of tunnel

Riddle of flats that might never be

Rob.Virtue
@wharf.co.uk

Mystery surrounds a controversial luxury block of flats recently approved for the Isle of Dogs.

The four-storey proposal at Calders Wharf, green-lit by Tower Hamlets Council's development committee in December, has provoked 650 people to sign a petition. They fear it will encroach on protected Island Gardens parkland.

But an even greater concern for residents is whether it can be built at all.

Docklands Light Railways runs a tunnel beneath the land and its demands make building work almost impossible. The result is confusion and uncertainty.



Campaigner
Eric Pemberton

JAMES PERRIN

Campaigner Eric Pemberton, who started the online petition, said he wanted the council under Mayor Lutfur Rahman and the applicant Eastend Homes to come clean on the plans.

"Why's Lutfur pushing for this development, a luxury block of flats in a conservation area and why's a housing association building a block of flats for rich people?" he asked.

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Inside



JUMPING FOR JOY

Why the Docklands could become the new home of Parkour

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Tartan it up for the national poet

PLUS

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Cutty Sark sets course for uncharted waters as a comedy space

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JONES LANG
LASALLE

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WEATHER

6C TODAY
Showers

7C FRIDAY
Showers

9C SATURDAY
Showers

9C SUNDAY
Showers

7C MONDAY
Showers

TRAVEL

TUBE & DLR
DLR and Jubilee line are both fine.

ROADS
No problems.

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Agenda

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ESTABLISHED 1998

The stormy weather is my downfall

When I read back through my many years of Wharf columns I notice a clear pattern emerge from those written in January and February. I am obsessed with the weather.

It's almost as if the cold, dark damp has seeped into my very soul and now every word I speak and type is preoccupied with precipitation; ruled by rain. Ice is my idée fixe. I have brain freeze. I am a very British climate cliché. How predictably drab.

The columnist Caitlin Moran once argued our dismal weather is directly responsible for the greatest achievements of our countrymen. Drizzle

BLONDE'S EYE VIEW



ANGELA CLARKE

keeps everyone indoors and focused on their pet projects.

She suggested bad weather ensures this tiny damp island punches well above its cultural creative weight by helping to produce a catalogue of impressive bands and writers.

If it were sunny and delightful would The Beatles, The Rolling Stones, and even Boyzone have ditched their albums in favour of chugging rosé in a pub garden?

Maybe they were chasing success, and sun cream.

Yet everyone I know is struggling to get out of bed. Even those annoying souls who usually leap up

at 5am, cheerfully destroying to-do lists and work adversaries, and going to things like Hunger Games spinning class are sleeping in.

When even the overachievers are crushed by the weight of the weather we have to admit defeat. Roll over, pull the duvet over our heads, and put the out of office on till March.

This time of year is best summed up by that beautiful Internet term for indifference: meh. Everything is unmemorably bleak. Mehderously desolate. It's so awful I can't even bring myself to use real words. Meh.

Follow Angela on Twitter:
@TheAngelaClarke

London eye



REUTERS

A week
in London
Page 60

West Ham United manager Sam Allardyce looks to the heavens during his side's Premier League defeat match against Newcastle United at Upton Park.

What our writers are talking about



■ At breakfast – after his daily dose of Insanity – he pushed around his cornflakes, again saying he wasn't hungry.
Tabitha Ronson

■ In an era of globalisation, Swaziland, a hotbed for TB, is just next door. It's a cough and a spit away.
Giles Broadbent

■ Tower Hamlets Council, alongside other local authorities, has been campaigning to keep local fire stations open.
Luftur Rahman

■ I'd hoped to tell you I'd dropped a few pounds. I am ashamed to admit, however, I was too scared to try the scales.
Caroline Waterston

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60 Second Wharf

Driving regeneration

Porsche has applied to build a showroom on a derelict piece of land, signalling a rebirth of the Docks.

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DLR workers to strike

Docklands Light Railway staff have voted to go on strike in a dispute over pay and industrial relations.

News • Page 5

Park misses target

Mayor of London Boris Johnson said the Olympic Park was unlikely to hit its affordable housing targets.

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An Indian winter

Beth Allock finds the perfect Indian antidote to the January blues on South Quay.

Food • Page 52

6 new workouts

Our fitness guru Laura Williams picks out six new workouts to give your routine a revamp.

Health • Page 57

In a big country

Pete Thompson breathes the fresh air as he goes huntin', shootin' and, er, skiin' in cowboy country.

Travel • Page 58



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the **Wharf**

The basketball of fame

PHOTO SPECIAL The NBA came to The O2, Greenwich, and a host of celebs turned out to party...



Sir Paul McCartney and daughter Stella attend NBA Live between the Brooklyn Nets and Atlanta Hawks at The O2, Greenwich, along with, left, Ellie Goulding and Cara Delevingne



Eden Hazard was one of a number of football players there, including Demba Ba, Darren Bent, Lukas Podolski and David Luiz



One Direction's Liam Payne and Sophia Smith



Atlanta Hawks' Paul Millsap, right, jumps for the basket as Brooklyn Nets' Andrei Kirilenko tries to defend. The Nets comfortably beat the Hawks 127-110



Lilah Parsons, left, and Kelly Brook attend the launch party for Brooklyn Bowl at The O2 after the match

INSIDE



Alive

Weekly focus on family matters

Are gadgets at the dinner table a bad habit or a necessity?

5 of the best digital pets to nurture **P51**

Revolution

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Residents get chance to peek at new neighbours

THE latest plans for the regeneration of Silvertown Quays will be shown to the public next week.

The scheme, which looks at bringing homes, restaurants and shops to the area, is aiming to create up to 14,000 jobs.

It will see around 2,500 apartments and the whole development will be valued at around £2.5 billion.

Mayor of London Boris Johnson is backing the plans, which will also see innovative brand pavilions designed to showcase products that can then be bought online.

Elliott Lipton of Silvertown Partnerships said: "The Apples and Jaguars of this world, for example, are looking at new ways to reach out to customers."

"We're not seeing the death of shops but a change that will allow people to experience brands."

The exhibition will be held on Friday, January 24, between 8am and 8pm and the following day from 10am to 6pm at the Britannia Village hall near West Silvertown.

A spokesman said: "We are holding a public exhibition to discuss our early plans and hear the views of communities."



The Royal Docks will be transformed and its brownfield areas will see the growth of homes, leisure and "brand pavilions"

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Porsche centre signals taste of things to come

REGENERATION

Unpromising site made more lucrative by Chinese investors

Rob.Virtue
@wharf.co.uk

An area of scrubland in Beckton is set to be transformed with plans to bring in a luxury car showroom.

Porsche wants a dealership on the vacant site at Gallions Roundabout signalling that regeneration of the Royal Docks is beginning in earnest.

Newham Council's strategic development committee gave the scheme the go-ahead on Tuesday.

At 12 hectares it will be built on what was formerly an unpromising site next to Gallions Roundabout. But soon, within a short distance, the proposed £1 billion ABP Chinese business park will bring an influx of wealthy clients.

The council report into the proposal said: "The Porsche Centre will generate employment, improve the area and provide a use where proposals have not been forthcoming in the past."

"The site is considered to be appropriate for a commercial development to assist the regeneration of the area."

It will see the relocation of the current Newham Porsche showroom from Stratford, which the company said it was unable to expand.

Porsche said: "A decision was therefore made to relocate the business to a new and much larger site

Council to move out of hub and rent offices

A CHINESE business group is moving into the office block at Building 1000 in the Royal Docks.

ABP, which recently announced plans for a £1 billion business park next to the landmark structure, will sign a 10-year lease for part of the building.

It currently houses council staff but plans are being made to move some of the workers to East Ham to free up space.

Newham Mayor Sir Robin Wales said the income would be invested into frontline services.

"Severe financial pressures on the council from Government grant cuts mean it is now more important than ever to get maximum value from our property assets," he said.

"We will continue to seize every opportunity to save and make money and that includes by renting out office space in Newham Dockside."

"This is in line with our strategic approach of maximising commercial income to offset funding cuts and protect frontline services for residents."

The move comes as ABP looks to increase in UK team in preparation for turning the 35-acre Royal Docks site into a European headquarters for a host of Chinese firms.

The deal for the Albert Dock regeneration was completed last May and could see the first companies move in by 2017.

It was originally hoped Building 1000 would spur regeneration around the docks. However, it struggled to find a tenant until the council moved most of its staff from East Ham there after buying it from developers for £92 million in 2007.

Rob Virtue



How the showroom will look

Why move to the outskirts of Beckton?
"A larger site could accommodate a bespoke Porsche centre."

Porsche

that could accommodate a bespoke Porsche Centre."

It says it will be a "destination centre for the discerning Porsche customer". It also has good road links for customers arriving to have their cars serviced.

The showroom and workshop would see 60 employees on site.

As part of the agreement it is offering £27,500 towards a signal crossing near to Gallions Reach DLR. No objections were received in the consultation for the development.

As well as housing a showroom, it will also have MoT testing, a workshop and administrative offices on site. Previous proposals for the site have included a 10-block development rising to 15 storeys.

Around 173 homes are planned for the Stratford site once the car firm moves to the Royal Docks.

Fast pace of change / Page 18



The Screen @ Canary Wharf is considered one of the UK's best ad locations

Here's looking at you

THE screen at Reuters Plaza has received an upgrade that gives it the capability of finding out the age and gender of its audience.

The facial recognition technology enables it to change the content of its adverts according to who is in the area at the time.

It is part of the recent refurbishment of the screen, which also now has full wi-fi capability.

It went live last week with the first brands to advertise being Swiss Air, Infiniti, Santander and the NBA.

The upgrade of the 22.6sq m screen was carried out by Ocean Outdoor which has also improved clarity, resolution and contrast.

Ocean Outdoor marketing director Richard Malton said: "The Screen @ Canary Wharf delivers one of the most prestigious audiences in the country."

"It therefore makes complete sense that this location should be equal to the audience with regard to the quality of the advertising impact."

"Our latest investment in this iconic full motion digital screen delivers on that perfectly."

The screen also shows news content from Thomson Reuters.

Reuters Plaza is one of the most prestigious locations in the country for advertising with an AB audience of 1.37million each fortnight.

BlackBerry man takes plum role

TECH

Grech will take over as Tech City chief at a time of upheaval

Giles Broadbent
@wharf.co.uk

Tech City chief Joanna Shields is stepping aside to make way for east Londoner Gerard Grech who has mentored startups in London and New York.

Mr Grech will take over next month in a shake-up that will see Ms Shields stay on as chairwoman and take a role on the London Stock Exchange.

Current global head of marketing at BlackBerry, Mr Grech said: "London has become a leading centre for digital innovation and entrepreneurship and my role, together with Joanna and the team, will be to help take things to the next level."

Eric Van der Kleij, head of Canary Wharf's Level39 said: "Gerard's appointment to CEO of Tech City UK is fantastic news for the UK's digital ambitions. Having worked with him



Joanna Shields: Stepping aside

before, his combined knowledge of the startup and development stages for tech businesses will help the UK to stand strong in the international technology community."

The shake-up comes at a time when the future of the operation has been thrown into doubt.

Tech City News has reported that the quango will be folded into London & Partners, the Mayor's official promotion organisation for the capital.

NEWS IN BRIEF

Business digest

Taskhub launches link-up for pros

TOWER HAMLETS An online marketplace for shared skills and services has added another arm to its operation.

Taskhub – the brainchild of Tower Hamlets' Aurore Hochard and Rahul Ahuja – offers Londoners a way to post details of simple domestic jobs that need undertaking, like dog walking or house moving.

Taskhub Offers has now been launched for professionals.

Musicians, photographers, chefs and teachers will be among those now able to find new customers by posting free listings.

Go to taskhub.co.uk.

BA increases Isle of Man services

DOCKLANDS Demand from business and leisure passengers is spurring an increase in flight frequency between London City Airport and the Isle of Man.

British Airways has announced it will triple week day journeys from March 30 from one a day to three.

"Success is all about creating a team with the right formula"

Thembalath Ramachandran,
CEO and Managing Director of Bristol Laboratories Ltd.


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DLR workers set dates for strikes over pay increase

TRANSPORT

DOCKLANDS Light Railway staff have voted to go on strike in a row over pay and industrial relations threatening major disruption.

RMT Union members backed action by 9-1 after clashing with management over the use of agency staff, end-of-year pay increases and disciplinary procedures.

Union general secretary Bob Crow said: "Our members have shown the level of anger across the railway in this overwhelming mandate for action."

"RMT will not tolerate the cavalier abuse of procedures, agreements and pay negotiations which has led to the complete breakdown of industrial

A decision to allow bicycles on Docklands Light Railway trains during off-peak hours has been praised.

The move comes after a successful trial period.

Caroline Pidgeon, Leader of the Liberal Democrat London Assembly Group, said: "This is a welcome decision. I am not surprised at all that the recent trial allowing non-folding bicycles on the DLR has been a success as there was no real argument to support the total prohibition of bikes being allowed on the DLR."

relations on this vital section of the London transport operation."

TfL director of rail Jonathan Fox, said: "This is a matter between Serco as the employer and the RMT."

"We would encourage them both to sit down and attempt to resolve any outstanding issues."

The strikes are earmarked for January 29-30 and February 4-5.

The February dates will coincide with walk-outs by Underground colleagues to protest over ticket office closures.

Site visit sheds light on tunnel upgrade works

A COMMUNITY group scrutinising refurbishment works at Greenwich Foot Tunnel believes the target finish date of April will be met.

After two meetings with officials, the Friends of Greenwich and Woolwich Foot Tunnels (Fogwoft) are confident the deadline will be achieved, with some work said to be ahead of schedule.

Fogwoft members were taken on a tour of the works by construction project manager Mike Neill and other engineers who explained that "environmental sensitivity" of the electronics had caused recent lift failures.

The organisation also secured a pledge to increase the level of light in the tunnel.

Fogwoft said: "We have greater confidence in the new contractors retained by Greenwich." Go to fogwoft.com.

The lights go on again



Mayor Lutfur Rahman, second from right, and Cllr Gloria Thienel

CULTURE

Rob.Virtue
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THE switch-on of the Traffic Light Tree took place this week after it was installed in its new home on the edge of Canary Wharf.

Pierre Vivant's sculpture was previously at the roundabout at Westferry before the road was reconfigured. But following pressure from Conservative councillor Gloria Thienel it now has a new home next to Billingsgate Market on Trafalgar Way.

Cllr Thienel said it was important that the tree, originally built in 1998, returned to its roots.

"It's iconic," she said. "It's part of the Island and when it came down the response was phenomenal."

"I'm glad I could help it return to a spot where it's appreciated. People travel from all over the world to see this. It's a big tourist attraction."

"I proposed this as a site and it seems a natural home for it. It's seen from the DLR and Canary Wharf."

"It couldn't go back in its original position but it's the next best place. Thanks to the support of *The Wharf* and Tower Hamlets Public Realm we were able to secure it."

The lighting ceremony took place on Monday with mayor of Tower Hamlets Lutfur Rahman flicking the switch.

Staff from the Public Realm team will continue to spruce up the roundabout in the spring.

Is this application paving the way for something else?

From Page One

He added: "On top of that it will be very difficult to build as it is above a DLR tunnel. The only other way is to dig down on either side right underneath the tunnels and the costs would be prohibitive."

"The developers would also need to go into the park and there's no way they can do that. That begs the question if they can't build it what's going to go there?"

DLR's demands state the developer must not put any material load on the tunnel.

The park has been a bone of contention over the last 12 months. Last year residents successfully opposed a mosque and community centre on the other side of Island Gardens.

Mr Pemberton said: "We need this cleared up soon because we have heard the developers are to start pulling down the building in March. Everyone's being less than clear."

The campaigners point out demolishing the building, which houses a community centre, would make it easier for another applicant to gain planning permission on the site if EastendHomes pulls out, leading them to conclude that the block of flats is a stalking horse.

A Tower Hamlets Council spokesman said: "The mayor is not responsible for planning decisions. This is done by the development planning committee."

"The committee considered applications to develop the site to provide community and play facilities along with 26 new homes and resolved to grant permission in December."

"The council is now finalising the S106 legal agreement with the applicant. It is anticipated that the decision notice will be issued in February this year."

No-one from Eastend Homes was available for comment.

“We need this cleared up soon.”

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NEWS IN BRIEF

Around east London

Farm launches crowdfunding bid

EAST LONDON Stepney City Farm has launched a crowdfunding campaign in a bid to raise £15,000 by the end of February.

The Tower Hamlets venue said it needs the cash to remain open. It is offering a host of unusual prizes to encourage backers. They include compost for your plants and four farm chickens. Go to crowdfunder.co.uk/stepnecityfarm.

New bus services to Olympic Park

STRATFORD Bus services to the Olympic Park are to be launched, Transport for London announced.

The 308 route will have more frequent services from this Saturday and will be re-routed via Stratford City bus station and the home of the 2012 London Games.

Only online »

Data blog: Young people living at home
wharf.co.uk

Notebook

My son's obsessive focus on his physique is just Insanity

Master A is fixated with the craziness that is Insanity. I caught him glued to the Shaun T fitness phenomenon on the Shopping Channel early one morning last week. While I was under the impression he was watching *Otonauts*, turns out he's been zoning in to the advertisement for the "hardest workout ever put on DVD" for a couple of months now.

When I questioned him about his choice of viewing, he eulogised about the wonders of the 30-day shredding workout. Like a true convert, my

six-year-old dropped to the floor mimicking the moves. Side press-ups, squats, plyometrics – Shaun T and his disciples would have been impressed.

It was disturbing when he lifted his pyjama top, sucked in his (non-existent) tummy and flexed his (non-existent) muscles like a contestant battling it out for the title of Mr Universe. It just looked very wrong.

"My New Year's resolution, Mummy, is to get ready for Insanity," he said.

I didn't think anything of it until I picked him up from school. Normally, he

WORKING MUM



TABITHA RONSON

tucks into a little snack box I prepare for the journey home.

He declined, saying he wasn't hungry. It was the same response when I asked him what he wanted for supper. I didn't push.

Clearing out his schoolbag, I found the fruit I had sent for his mid-morning snack untouched in its Tupperware box.

At breakfast the following morning – after his daily dose of Insanity – he pushed around his cornflakes, again saying he wasn't hungry. He's never been a big eater, preferring to do anything

other than sit down to eat a meal, so again I let it go.

On the school run, he started talking about one of his classmates, saying how "fat" he was.

"He's not like me and Insanity, Mummy," he chimed.

The refusal of food became clear. Master A was not eating thinking that was the way to achieve the definition and physique of trainer Shaun T.

Working Mum, trying to convince Master A that to get ripped like Mr Insanity you must eat.

POLITICAL VIEWPOINT

By Lutfur Rahman

Sadness as fire station fight is over

It was with great sadness the closure of Bow Fire Station was announced last week. Tower Hamlets Council, alongside other local authorities, has been campaigning to keep local stations open. This will undoubtedly impact on Londoners and I will be keeping a close eye on how residents are affected by this move.

I can assure residents that safety is of paramount importance to me and we are always looking for innovative ways to keep people safe.

An example of this is the use of sniffer dogs on our estates. Enforcement officers are patrolling estates with sniffer dogs to tackle drugs and anti-social behaviour. The pilot



I will keep an eye on how residents are affected by the move

scheme has attracted attention from neighbouring councils keen to replicate our success.

■ Residents have the chance to mark Holocaust Memorial Day on Monday (January 27) with a week of events to raise awareness of past and present genocides from the persecution of the Jews to the atrocities of wars in Rwanda, Bosnia and Cambodia.

This year's theme is Journeys, with a flagship exhibition at the Brady Arts Centre in Whitechapel with paintings by Holocaust survivor and Hungarian artist Moshe Galili. I attended the Holocaust Memorial Service at City Hall earlier this week.

Over at Tower Hamlets Local History Library, visitors will be treated to a collection of paintings by Rose Henriques who with husband Sir Basil founded the St George's Jewish Settlement in Stepney.

Executive mayor, Tower Hamlets Council

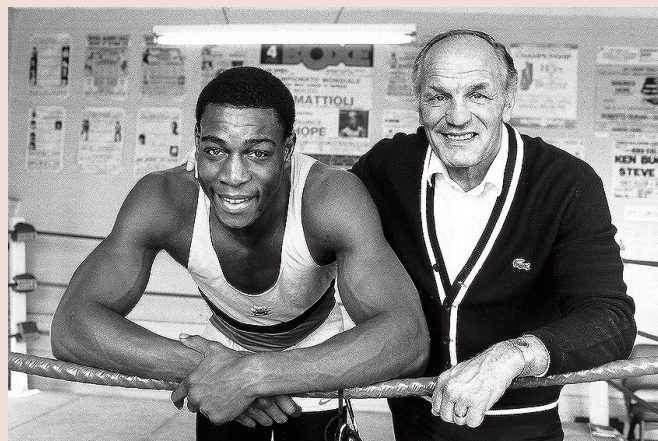


Wharfinger The long view



▲ **2002** Actor Anthony Daniels who plays C3PO in *Star Wars* at the London sci fi and fantasy expo in ExCel exhibition centre, Royal Docks.

▶ **1984** Heavyweight boxer Frank Bruno with Henry Cooper during one of his training sessions in Canning Town.



High Five Get fit gadgets



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Shirt Shuttle MK2, £35 Keep your shirts pristine during your pre-work jog.



Withings Pulse, £89.95 Track your steps, elevation, distance, calories etc.

SPIRAL NOTEBOOK

By Giles Broadbent

No choice but to hit disease at its source

Go to the Tuberculosis page on the NHS "Choices" website and read the reassuring list of treatments available.

With early diagnosis, the right combination of drugs and aggressive treatment the disease is curable.

In Swaziland, the story is different. In a country plagued by Aids, immune systems are shot, drug treatments are old, stigmatised forces carriers into hiding and the mismanagement of drug regimes gives the bacteria a foothold. The disease is mutating into super-strains.

If TB is bad enough; multi-drug resistant TB (MDR-TB) is cruel; and the "X" in XDR-TB (extensively drug resistant TB) is there for a reason.



In era of globalisation, Swaziland is a cough and a spit away

Why, ask the medics in Jezza Neumann's documentary *Return Of The Plague* to be broadcast on BBC4 shortly, are Western countries ignoring the plight in Swaziland?

In an era of globalisation, Swaziland is next door. It's a cough and a spit away. "TB is in the air, whether you're poor or rich you can't stop that," says one dying sufferer.

Already London has the highest TB rates of any western European capital. London has 42 cases per 100,000 people compared to Paris (23) and Copenhagen (17). Newham is the worst hit at 118, Greenwich 51 and Tower Hamlets 46.

Scientists have called for a dramatic increase in screening to prevent an epidemic.

As mutations begin to take hold, the "Choices" offered by the NHS may become worryingly limited.



Follow Giles Broadbent on Twitter @MediaGulch

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Date set for pool opening

THE public will be able to use the Aquatics Centre from March 1 with legacy bosses also unveiling the south of the park, the VeloPark and the Arcelor-Mittal Orbit tower a month later.

Prices for the pool start from £4.50 a session. The complex includes a diving pool and a newly installed gym. The south side of the park will be accessible from April 5.

The Park will also feature four walking trails

where visitors can enjoy the landscaping created by James Corner Field Operations the designer of the High Line in New York.

They can also discover 25 art installations.

£4.50

Price of a swimming session at the Aquatics Centre, opening March

The stadium is due to open in 2015 when it will host five Rugby World Cup matches.

Mayor of London Boris Johnson said: "Reopening the south part of the park will give great pleasure to thousands of Londoners and visitors to our city."

"No other Olympic city has come close to London's success in delivering a lasting legacy of sporting venues, jobs, homes and simply wonderful park lands."



The newly-transformed South Park of the Olympic site boasts 4,000 new trees

560

acres of parkland, the same size as Hyde Park

15

acres of hedgerows and wildlife habitats

6.5

km of waterways where birds and mammals can live

10m

litres of water contained in the three pools

Park is 'unlikely' to meet housing target

LEGACY

Boris: We want real homes not just aspirations

Rob.Virtue
@wharf.co.uk

The Olympic Park is unlikely to hit its targets for affordable housing it has been revealed. Mayor of London Boris Johnson made the admission at a London Assembly meeting scrutinising the Games legacy. It comes after only 28 per cent of the first homes in Chobham Manor were classified as affordable, much less than the whole target for the Park, which is set at 35 per cent.

Upcoming neighbourhoods at East Wick and Sweetwater will also fall short of their



Boris Johnson: Unachievable

original promise of 40 per cent affordable and is more likely to be 35 per cent.

Speaking in his role as chairman of the Olympic Legacy Development Committee, Mr Johnson said schemes with high affordable housing targets were not viable at the moment.

"We want it to be a place where there are jobs and where there is opportunity and where there is a mixed

community with plenty of aspiration," he said.

"What people in London want to see are homes on the ground, homes built in London, rather than some windy aspiration for higher and higher affordable, which is completely unachievable and never gets built."

The revelation came following questions from Labour Assembly Member Nicky Gavron, the party's spokeswoman on housing.

She said: "I want to make sure we get 35 per cent across the whole of the Park - even then it's not very good. We don't want this to be a gilded enclave. The dream of affordable housing is fading."

Mr Johnson also revealed a reduction in the amount of overall housing on the Park. This is because some of the homes will have to make way for Olympicopolis, the recently announced cultural centre, which is backed by the Victoria and Albert Museum.

Quids in

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NEWS IN
BRIEF

Around Greenwich

Gridlock as cyclist hurt in bus crash

SOUTH LONDON Police closed Blackheath to traffic on Sunday afternoon after an accident left a cyclist hospitalised.

The woman, believed to be aged around 55, was in collision with a bus at around 2pm. Her injuries are not thought to be life threatening.

The incident took place on the A2 at Blackheath Hill. Police stopped traffic going through Blackheath, causing gridlock around Greenwich until after 5pm.

Pupils give family a moving lesson

GREENWICH Parents became pupils as youngsters at the Millennium Primary School conducted a fact-filled historical bus tour of the capital.

Year Five learners treated their family to a trip on a pair of red London buses, which stopped off at a host of famous landmarks.

The Greenwich school's project – which spanned disciplines such as maths, art, computing and geography – was preparation for the new National Curriculum.



Tree marks Jewish festival

A NEW addition to Canary Wharf's greenery has been planted in Jubilee Park to mark the Jewish festival of Tu B'Shvat.

Worshippers from East London Orthodox Synagogues Association teamed up with representatives of Canary Wharf Group and firms based in E14 for the event to commem-

orate the religion's festival of New Year for trees, held on the 15th day of the month of Shvat.

Scholars believe the occasion marks the emergence of spring while also being used to calculate the correct time of year for tithing.

Nowadays, it holds ecological significance and highlights the

importance of caring for the planet. After the planting, Canary Wharf Group provided lunch at the Clifford Chance offices and additionally sponsored the distribution of fruit packages to day centres.

The tree now joins more than 1,000 others growing on the Canary Wharf estate.

Ship is first target of artists' fury

PLANNING

Beth Allcock
@wharf.co.uk

GRUMBLES about politics and community decision-making have been taken one step further in Greenwich.

Artists, poets, musicians and other creatives living in the borough have pooled their frustrations to form The Spirit Of William Morris Group, highlighting what they brand "blunders" made by planning officers and developers.

Terry Scales, one of its founder members, said they had become "increasingly appalled by the utterly insensitive treatment of our townscape".

First under the spotlight is the revamp of the Cutty Sark, which scoops the group's first Bad Egg Prize for what they believe is its "ill-designed restructuring".

Members have also put pen to paper to describe their concerns in a poem, entitled *A Schooner's Lament*, to accompany the award.

It's parting words, a question: "Why were these designers so unalert, to change our ship to Cutty Skirt?"



STILL TO COME • What's On 16/50 • Alive 51 • Food 52 • Fashion 55 • Health 56 • Travel 58

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Digest

The Week In Brief

A round-up of other key stories that we've been monitoring



Photo story

EAST LONDON Labour leader Ed Miliband visits the Five Points Brewing Company in Hackney after making a speech about banking and the economy in the Senate House on Friday. Mr Miliband called for the creation of two challenger banks to tackle the dominance of the five biggest banks in the UK. He said the City had been "an incredibly poor servant of the real economy" for years and should be helping business grow and create jobs. The "big five" include Wharf-based HSBC and Barclays

Tate looks to safeguard sugar cane production

DOCKLANDS Tate & Lyle is continuing to investigate ways to safeguard its production after the Common Agricultural Policy entrenched its support for the French beet sugar industry.

London MEP Marina Yannakoudakis met with representatives to discuss strategy after the abolition of beet quotas, which discriminates against cane sugar refiners, such as Tate.

Gerald Mason of sugar giant Tate & Lyle said "We need to look forward now the CAP deal is done and find new ways to get a fair deal for cane refiners in Europe."

Enterprise school finds home ahead of launch

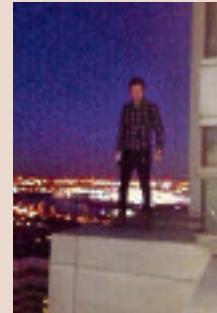
EAST LONDON The London Enterprise Academy has secured its preferred site for a secondary school in Tower Hamlets.

Classrooms to house 600 learners will be created following a refurbishment of the seven-storey Aneurin Bevan House, in Commercial Road.

The Whitechapel free school will specialise in enterprise education from September.

Principal designate Ashid Ali said: "We will now work with designers and architects to ensure that this school will provide high quality learning space."

TWITTER



Liam Payne on the edge

Liam says sorry for ledge stunt

CANARY WHARF One Direction's Liam Payne has apologised after being photographed standing on a ledge at Pan Peninsula.

The image was believed to have been put on Twitter by a friend of the singer.

Later he used the social network to say sorry to fans.

He said: "I regret being there and having a photo taken. It was a stupid and irresponsible thing to do. I am sorry, and do not endorse

any fans trying to repeat this, as it is extremely dangerous."

It's not the first time Liam has hit the headlines for antics at the 42-storey tower, where he lives.

Back in December a friend was hospitalised after his balcony caught fire.

The star also took to Twitter this week to make an appeal for fans to stop "coming and waiting outside" the apartment block after friends tweeted photos.

Students display works inspired by bank visits

CANARY WHARF Students who have spent the past few months trawling the archives of Wharf-based HSBC to inspire their art projects will this week showcase their creations.

A team of six youngsters, aged 13 to 15, made the short trip from George Green's School on the Isle of Dogs for the task, organised by charity Streets of Growth and HSBC in the Community, in October.

The artwork has been commissioned by the bank for the special exhibition, to run in its reception from tomorrow, (January 24) until Friday, January 31.

Call for tidy-minded to clean up the streets

EAST LONDON A project tackling rubbish in Tower Hamlets is appealing to residents to join its mission.

The Poplar Pick Up Party meet every Thursday while the Stepney community's Ocean Litter Pickers target their patch each Wednesday evening.

The Isle of Dogs gets spruced up courtesy of the Mudchute Magpies, on the third Sunday of every month, while the 2nd East London Scout Group do their bit to fill 100 bags with litter every month.

Email emma.harrington@cleanupuk.org.uk

Stories in full and as they happen at wharf.co.uk

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What's On

Seven Days

Stage
Juliet keeps her sunshine smile



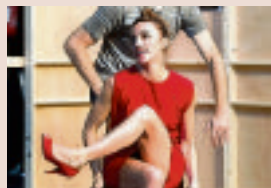
★ Olivier Award-winning actress Juliet Stevenson takes on one of the great roles in Samuel Beckett's surreal masterpiece **Happy Days**.

Trapped in a wasteland with her detached husband, Winnie keeps despair at bay with ritual, song and her trusty lipstick. But is our hopeful heroine in denial of her ever-diminishing world?

This powerful tale of resilience still possesses the power to shock and amaze.

Until Mar 8, Young Vic, £10-£35, youngvic.org.

Festival
Saying much without words



★ The London Mime Festival enters its last phase with a range of voiceless jaw-droppers on offer.

French company Man Drake tells the tale of an unusual ménage à trois in **Anatomia Publica** at the Barbican (until Jan 25) which also hosts an interpretation of James Joyce's **The Dead** (Jan 28-Feb 1) and flamenco study **What's Become Of You** (Jan 30-Feb 1).

At the Southbank Centre, the Czech Republic's Spitfire Company tell the story of boxer Muhammad Ali in **One Step Before The Fall**.

Go to mimelondon.com.

Film
Comic classics dispel the blues

★ Mirth, merriment and slapstick feature in the **London Comedy Film Festival**, which includes classics such as *Withnail And I*, *Bugsy Malone* and *Life Of Brian* as well as some secret treasures. Genesis Cinema, in Whitechapel, hosts a number of screenings. Jan 23-26, various venues and prices, locofilmfestival.com.

Cutty Sark sets course for uncharted waters

JAMES PERRIN

VENUE

Tea clipper creates a performance space beneath decks with A-list stars lined up

Rob Virtue
[@wharf.co.uk](http://wharf.co.uk)

Popular tourist attraction the Cutty Sark in Greenwich is being given a new role – as a theatre space.

Stars such as Ross Noble, Alan Davies and Griff Rhys Jones will be performing to intimate sold-out crowds of 85 over the next couple of weeks.

The events will be held in the lower hold of the ship, where tea and wool were stacked during the ship's famous voyages. Staff are able to transform the area into a stage in just half an hour.

Richard Doughty, director of the tea clipper-turned-tourist attraction, said it was an exciting development.

"In general, Cutty Sark appeals to family audiences, people with an interest in the sea and to older generations," he said.

"To be able to put on a programme for people as young as late teens and early 20s allows us to appeal to a whole new audience. We're extending the reach of the ship."

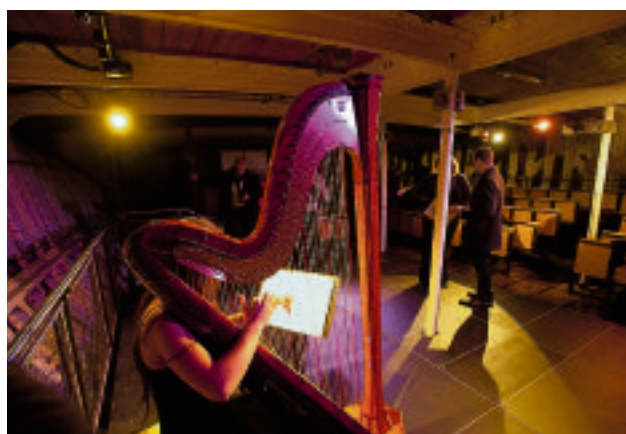
Around 600,000 people have visited the 144-year-old ship since the Queen reopened it in April 2012 following extensive renovation after a devastating fire.

And the new theatre space provides another revenue stream for the venue.

Richard said: "The Cutty Sark has always been a business from when it was going to China for tea or



Staff prepare the hold to create a space for performers such as harpist Gabriella Dall'Olio and Ross Noble, below



Australia for wool. And that's still the case today. To make it sustainable we need to use the ship 24/7."

Called the Michael Edwards Studio Theatre the opening run will also see sailor Robin Knox Johnston, comedian Richard Herring and singer Karine Polwart entertaining the crowds.

But it will be Ross Noble who will have the biggest stint at the space in its opening period as he will appear at the venue for 10 weeks in a row.

He said of his run: "It is a very exciting to be performing improv comedy on board the Cutty Sark just as the sailors would have done when she sailed the seven seas exporting entertainment to the world."

Most of the performances have sold out but there are still tickets available for shows including from Trinity Laban Conservatoire of Music and Dance's internationally renowned harpist Gabriella Dall'Olio and a showcase from theatre group Corelli College.

For more details go to rmg.co.uk.

Matt makes mental preparations

PREVIEW

One show lined up for the new Cutty Sark performance space features a stunt man who sidelines as a mind reader.

Matt Stirling, pictured, who has starred in all five Harry Potter films, *Fast And Furious* as Vin Diesel's stunt double and *Pirates Of The Caribbean*, is also a hypnotist and mentalist.

He will be bringing his show, *Mind Magic*, to the Cutty Sark on February 15.

"We're showing how psychics read minds," he said. "How they predict things using misdirection and neuro-linguistic programming."

"I do a show every year for people



I work with in the film industry. It was when we were performing at Leicester Square Theatre to raise money for Daniel Radcliffe's stunt double who was paralysed in an accident, I was spotted by someone who asked me to perform here."

CUTTY SARK TRUST

Matt started his career in showbusiness as an actor and dancer and, running alongside his hobby of martial arts, it led a friend to recommend him for a career as a stunt man.

But mind reading and hypnotism is also a big passion of his and he's looking forward to showing off his skills in the intimate setting.

"It's a fantastic venue," he said. "A comedy club or pub venue usually has around a 150 capacity but this is 85 seats in a ship."

"It's so isolated, so quiet, you can hear a pin drop."

"There's always background noises in clubs but this is like an isolation tank."

What's On

Concert

7,000 children sing their hearts out

★ X-Factor star Stacey Solomon will be joined at The O2 by more than 30,000 primary school children singing their hearts out as part of the **Young Voices Choir**.

The tour will make its vocal voyage to North Greenwich for a five-night stay from Monday.

This year, the world's largest children's choir will feature 110,000 youngsters, with 7,000 taking to the stage every evening of a nationwide 17-date programme.

Jan 27-31, The O2, tickets by arrangement, youngvoices.co.uk.



Stage

Evil farce straight from the dark side

★ Rumpus Theatre Company is bringing its fast-paced spooky comedy farce to Greenwich.

Involving twins and devil worshipping **Comedy Of Terrors** is a madcap show of multiple mistaken identity.

Greenwich Theatre on Crooms Hill is hosting the show, written by John Goodrum, until Saturday.

Until Jan 25, Greenwich Theatre, £16, greenwichtheatre.org.

11 eye-watering but everyday aspects of... Life in Victorian London

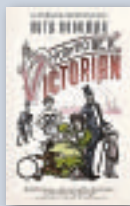
1 Despite lack of heating and freezing conditions, bedroom windows were often left open at night over fears of suffocation.

2 In the 1860s, the waist of a girl's corsets were routinely reduced by an inch a month until she acquired the desired shape. One woman wrote: "When I left school at 17, my waist measured only 13ins, it formerly having been 23ins."

3 Thanks to good ventilation and a good compost mix at the base of the pit and frequent cleaning, the end-of-garden privy was an efficient and odour-free toilet facility. Indeed, Crapper's flushable WCs were considered a lot less hygienic.

4 At the start of the 19th century, hair-washing was frowned upon. Women were advised to brush it thoroughly to dislodge dirt and spread natural oils to improve its condition.

5 The common Victorian breakfast was a hunk of bread or a bowl of porridge



How To Be A Victorian
Ruth Goodman
(Penguin)
★★★★☆

accompanied by tea or cocoa, which had taken over from beer as the breakfast beverage of choice.

6 Drawers, or knickers, were initially greeted with hostility as they were seen as an imitation of men's underclothing and therefore an assault on feminine virtue.

7 Smog in London became so bad that deliverymen had to use a boy to walk along, kicking the kerb (invisible to him) to lead the horse correctly. At junctions he would feel his way across until he found the right kerb.

8 The first nationwide train timetable was seen in 1839. By the end of the century 160

railway companies were in operation and the *Bradshaw Guide* which printed all their timetables ran to over 1,000 pages.

9 Hunger was an everyday feeling. The average height of a poor London man was 5ft 5ins in the 1860s; an average woman was 5ft 1in, both two-and-a-half inches shorter than the modern counterpart and two inches smaller than in medieval times.

10 Sex was considered a cure for a range of male health problems, including depression, restlessness, apathy, fatigue and headaches. Doctors became angry at male patients presenting themselves with these symptoms as a way of seeking permission for promiscuity.

11 State of mind during conception was believed to determine the characteristics of the offspring. Drunken sex meant a coarse child; violent sex made them brutish; passionless sex, cold; lustful sex made for an impetuous child and so on.

Giles Broadbent

Performance

Tale of water set in the women's toilet

★ East London performance duo Cape Theatre in collaboration with Kate McSwiney O'Rourke will be performing **Flush** at Ophelia 574 in Dalston over the weekend.

Set in the women's toilets, *Flush* is a site specific performance looking at water wastage in Britain and the concept of competition.

Cape Theatre will also be joined by Darren Purnell, Vacuum Theatre, Ellie Stamp and Christopher Brett Bailey for a number of productions.

Darren Purnell brings **Watch My Lips**, a piece exploring drag performance. Vacuum Theatre presents **Something From Nothing**, a story about telling a story about telling a story.

Ellie Stamp will be performing **Are You Lonesome Tonight**, an interactive performance exploring Ellie's possible lineage to Elvis Presley.

And finally Christopher Bailey Brett performs **This Is How We Die**. Jan 23-25, *Ophelia Dalston*, different schedule each night, £10, opheliadalston.co.uk.

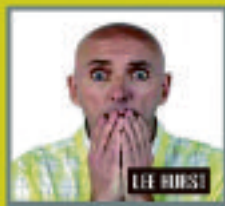
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TV blog: 5 reasons to relish Fox crime series *Mob City*

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What's On

5 heroes called 'Jack'

Jack Ryan continues Hollywood's love affair with the name. Can you supply the surname and the film that featured these Jacks?



Below: Adam Sandler as Jack and Jill Sadeistein. 1. Jack Sparrow, Pirates Of The Caribbean. 2. Jack Bauer, 24. 3. Jack Reacher, The Outsider. 4. Jack Traven, Last Action Hero. 5. Jack Sandler, Jack and Jill.

... and a Jill



Back to beginning for the man on a mission

SCREEN

Jack Ryan: Shadow Recruit

(12A) 105mins

In the weeks of angst and meditation that is pre-Oscar season, it's easy to forget the frantic pleasure of fast-administered popcorn.

If your worthy bones are aching and your discerning gland is gorged, then *Jack Ryan: Shadow Recruit* may be just the Slushie to sluice your palate.

The rebooting of this franchise (in memory of techno-thriller author Tom Clancy) takes the eponymous square-jawed brains-with-brawn American Pieman (Chris Pine) right back to the beginning.

At whiplash speed, we're whisked from his nerdy days in London to his marine's calling in Afghanistan and, via a helicopter crash, into the arms of doc Cathy Muller (Keira Knightley) who gets him back on his feet.

Fast forward (and director Kenneth Branagh keeps his finger firmly on the FF button) and the financial analyst has been recruited into the CIA by shaggy mentor William Harper (Kevin Costner) and dumped in a Wall Street mega-bank to keep an eye on things.

There he spots an anomaly – them damned Ruskies are up to no good – and the spreadsheet-sporting, Manhattan frat boy is suddenly operational in the middle of Moscow trying to remember his whistle-stop trade-craft course in Langley after a certain wet room "situation".

Strange to think that Shakespeare's celluloid champ, Branagh, has transformed himself into the very model of a modern Hollywood film-maker.

Surely, it was the lure of playing



Chris Pine plays Jack Ryan, dispatched to Moscow to follow a lead

creepy Russian businessman Viktor Cherevin that sealed the deal.

Sub-Bond villain Cherevin has plans to trash the US economy – all kickstarted with a 9/11 style attack – but first has to go head to head with Ryan and, more particularly, his fiancée who stumbles upon her beau's double life and is immediately recruited to the action as sexy diversion-in-chief.

All this scampers along at such a pace that the clues, the corny dialogue, lack of chemistry and the dearth of plausibility is scarcely noticeable.

Chris Pine is earnest and inoffensive. Knightley, sporting an effective US accent, is the least grating she has been on screen (the tics restrained) but there's nothing much going on

between the two doctors, despite her kittenish pawing and his eye-bulging protestations of love.

Still, no matter. This is about show, not the tell. About effects, not causes. Branagh has delved into Paul Greengrass's Bourne playbook to give the action fast cuts and edge and it's all so preposterous and epic and slick that there's nothing left to do but to dislodge that kernel, sit back and enjoy the ride. You're in good hands.

Giles Broadbent

Our verdict

Slick reboot makes espionage thriller more smiley than Smiley

★★★★☆

SCREEN

Grudge Match

(12A) 113mins



Easily labelled *Rocky v Raging Bull*, this comedy drama plays on the film history of both its big name stars – Sylvester Stallone and the ubiquitous Robert De Niro.

Back in the day "Razor" Sharp and Billy "The Kid" were one-all in their bouts and heading for a decider when Razor (Stallone) suddenly quit.

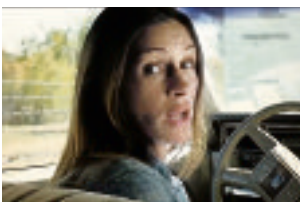
After footage of a modern-day brawl goes viral, the old-timers agree to head back into the ring one final time for the grudge match that never happened.

★★★★☆

SCREEN

August: Osage County

(15) 121mins



Everybody hurts in *August: Osage County*, adapted for the screen by Tracy Letts from his 2008 Pulitzer Prize-winning stage play.

Some of the dysfunctional family at the film's emotional core suffer superficial wounds.

However, many of this conflicted clan are not so fortunate, harbouring deep psychological scars that have festered for years and are now beyond repair.

A roster of star names turn this misery fest into a peculiar treat.

★★★★★

SCREEN

Inside Llewyn Davis

(15) 105mins



The Coen brothers have struck gold, albeit in autumnal hues, in this nostalgic tale of the Greenwich Village folk scene of the '60s.

The story of sofa surfing musician Oscar Isaac and his found cat moves to its own soft beat. The humour is dry rather than laugh-out-loud funny but the script is peppered with polished one-liners, the direction elegant and performances are exemplary.

This is another cracking character study by the boho brothers.

★★★★★

MUSIC



High Hopes

Bruce Springsteen

★★★★☆

This collection of covers, touched-up rejected album tracks and studio recordings of live exclusives will please fans.

The high-charged title opener of the 64-year-old's 18th album introduces the record's novelty: Rage Against The Machine guitarist Tom Morello adding his distinctive solos.

Morello appears on eight of the 12 tracks and the E Street Band are as delightful as ever, particularly on *Just Like Fire Would*. All great fun. NB

DVD



White House Down

(12) 131mins

★★★★☆

Ex-soldier John Cale (Channing Tatum) joins his daughter Emily on a guided tour of the White House just as a heavily armed paramilitary group led by Emil Stenz (Jason Clarke) prepares to take control of the building.

White House Down is a preposterous, high-octane action thriller, which unfolds during a terrorist attack on the US President's iconic seat of power with Cale the one-man army fighting back in true *Die Hard* fashion.

Director Roland Emmerich embraces the genre clichés. DS

BOOK



Sedition

Katharine Grant (Virago)

★★★★☆

Sex abounds in this gripping tale set in 1794 London.

Fathers look to marry off their daughters via piano concerts where the men get to take their pick.

What follows is a lot of sex of all kinds. This is no *50 Shades Of Grey* though – the encounters aren't described in detail and are over in the blink of an eye – and there is much more to this book than lusty encounters. Instead, power – male and female – is the theme. SH

Alive

Knife, fork, spoon and a gadget to keep them happy

TECH

Tablets have become a fixture at a child's dinner table – with major consequences

Lisa Salmon
The Wharf

According to new research, four out of five parents bought their children an internet-enabled device as a Christmas present.

And, as a predictable result, another survey shows more than a third of toddlers (36 per cent) watch TV or a DVD at dinner, 28 per cent use iPads, 24 per cent use smartphones and 12 per cent opt for hand-held games.

It is perhaps easy to see why these figures are so high. Tantrums and boredom are the main reasons most mums and dads turn to technology during mealtimes, and three quarters admit using technology to persuade their child to finish a meal.

"Mealtimes with toddlers can be frustrating and boring," said child psychologist Dr Amanda Gummer.

"But if parents don't invest the time in getting it right early with communication, manners and nutrition, it will be so much more difficult later and important social skills, emotional development and attachment will suffer."

She said the problem was often compounded by parents reaching for technology at the table themselves.

"Parents are role models and they're fighting a losing battle if they want their children to put down tech at mealtimes when they're using it themselves," she said.

With this in mind, you might think a total TV and tech ban must be the way, but Gummer said it probably wasn't the best solution.

"Like most things, it's about a sensible balance," she said. "Full-on bans generally don't work and can make the forbidden fruit more appealing."

"But there are simple things parents can do to manage mealtimes effectively and give children good role models and clear boundaries about mealtime behaviour without making it too much like hard work."

She suggests that a "treaty" dinner in front of a film once a week can be something children look forward to,



Dinner in front of the TV should be a treat says Dr Amanda Gummer, below



acting as a reward for eating nicely at the table the rest of the week.

Parents should also choose to eat certain meals with their children when they model the behaviour they want to see.

"When you do eat with your children, be aware that they'll see what you do as normal and acceptable so they'll get confused and frustrated

if you're watching TV or using your phone or tablet but won't let them."

To keep up interest levels in the absence of the usual TV or tablet, Gummer suggests talking to children about the taste, texture and look of the food on their plate.

"Children who eat without registering the food are likely to eat more out of habit," she said.

Another trick to keep them entertained, and to make sure they still associate mealtimes with fun, is playing "non-tech" games.

"Play eye spy, or make up stories and memory games," said Gummer. "They'll engage a child during a meal without the need for tech at the table."

Child psychologist Dr Richard Woolfson, said: "Access to gadgets at the dining table inevitably distracts children from eating what's in front of them, and reduces their desire to chat with others, isolating them from the dynamic communication of the family meal."

"This is a lost opportunity and a solid reason why it's best to make, at least some, family mealtimes a no-gadget zone."

DIGITAL PETS



ZOOMER

£59.99, smythstoy.com

■ This voice-activated canine for Spinmaster scores points across all the ages; tap his head to wake up the LED eyes, then begin your fun. He has loads of commands ready to undertake, from playing dead to cocking his leg (childish, yes, amusing, definitely). Play-time with this pooch is about half an hour before nap time, which involves a USB charge. He also isn't keen on listening to you all the time, but surely this just adds an element of reality?

SESAME STREET ELMO HUGS

£49.99, argos.co.uk

■ Each year recently, Hasbro has unleashed an updated



digital version of the cute red character, and this has to be about the best one ever. You can play, cuddle, dance and even nap together with Elmo – but the best part of all is when you go in for the hug, you get one back, with some unmistakable voice commentary. Don't be deceived by the age rating, everyone needs a hug.

TAMAGOTCHI FRIENDS

£24.99, smythstoy.com

■ The scourge of teachers across the land, the pocket-friendly Tamagotchi is back. It has sold over 80million since first appearing 17 years ago, and although it now retains its old looks, it has a few modern updates. Owners can "bump" others to send messages and swap gifts and watch their pet's friend meter rise. At least this version has a mute button.

FISH AND CRAB BOWL

£8.95, red5.co.uk

■ These artificial aquatics are miniature bowls containing creatures from the sea which will happily swim about non-stop. Hidden away in the base are magnets that will pull about the inhabitants in random directions too – really rather good.



FURBY BOOM

£54.99, argos.co.uk

■ The more you interact with your Furby, the better you can shape what kind of digital pet personality it will have. Straight out of the box, these furry balls from another dimension speak only Furbish and it's up to you to teach them your mother tongue. Interact with yours directly or via the smartphone app, and accessories are also available for those who want to take ownership to another level.



Food

Spicy dishes are perfect antidote to January blues

Beth Allcock finds a curry house that goes above and beyond its duty

REVIEW
Bengal Quay
South Quay

As the mid-January blues began to bite, my diary date at Bengal Quay became an ever-more enticing prospect.

Thank goodness I'd not signed up to a teetotal first month of the year to add to the misery.

Perhaps based on past experiences of bustling curry miles and bantering,

offer-happy staff, I'd steered myself for a hardcore experience at Bengal Quay, armed only with an Indian cuisine-loving pal. Would it be greasy chicken and a soggy naan?

Stepping inside the intimate but surprisingly spacious surroundings, it was the inviting pinky-purple hue of decor that had me sold before I'd even picked up the menu.

Bengal Quay's smiling staff, with Rois Kamali at the helm, offered helpful recommendations and an insight into the dishes created in the

kitchen. If, like me, you're always first to soak up the mango chutney with the poppadom openers, you're in for a real treat.

A quartet of attractive sauces arrived with our duo of crispy treats – but it was the specially created fruity option and the house sauce that outshone the others.

Banish all thought of sickly-sweet Mango goo, for this is a sauce of class, delivering a combination of spices to give a welcome kick and a spectrum of tastes.

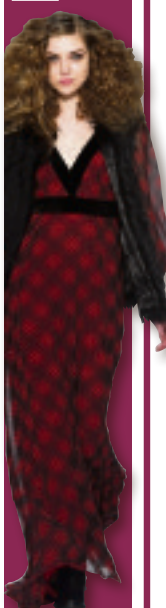


The colourful dishes on offer at Bengal Quay

Burns Night togs

Get hot to trot with our tartan fashion special

P55



AMERIGO VESPUCCI



THE FUTURE IS CLEAR. BRAND NEW TERRACE NEWALFRESCO BAR, RIVERSIDE LOCATION, SERVING ITALIAN TAPAS, SPORTING EVENTS ON TV, NOW OPEN ALL DAY FOR COFFEE AND PASTRIES. IDEAL SUMMER VENUE

Amerigo Vespucci is one of the longest established independent restaurants on the Wharf, celebrating 17 Years serving Italian Cuisine as only true Italians do.

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www.amerigovespucci.co.uk

Amerigo Vespucci,
25 Cabot Square,
Canary Wharf,
London E14 4QA
0207 513 0288



The rustic red house sauce had depths of flavour that paired well with the other mint and onion offerings.

Sitting at a window-side table, glass of Pinot Grigio (£18.95 per bottle) in hand, overlooking the shining lights of the Island dampened by drizzle, the winter-time woes melted away.

Rois' recommendation of the Bengal quay roll (£5.50) to start was inspired and turned out to be choppy spicy prawns mixed with chili and wrapped in a moreish casing without a hint of grease.

My companion's sheek kebab (£3.95) was just as beautifully presented, with a hearty meaty taste.

And the staff kept pushing the standards of culinary creation that bit higher with our spread of mains and sides – my vegetable biryani (£9.95) with accompanying veg curry was a meat-free pleasure, packed with an array of tasty legumes mixed up with welcoming spice.

Combined with the baby soft potatoes in the sag aloo, it was a

dream. With my friend declaring her chicken rogan (£7.50) to be "one of the best I've ever had", we were stuffed and sold, although we managed to find room for sag paneer (£3.50) with Bengal's own cheese, plain and cheese naan (£2.25 and £2.95).

Thoughts of January detox were far from my mind as I rounded off the practically perfect evening with nokshi (£3.95) – a creamy, warming combination of caramel and chocolate.

Bengal Quay's 10 years of experience in the Indian restaurant game paid off. It was the perfect pick me up.

This beautifully elegant gem on South Quay is a restaurant Wharfers simply can't afford to ignore.

Bengal Quay, 1-2 Beauforts Court, Admiral Way, South Quay. E14 9XL, 020 7515 3378, bengalquay.com.

Our verdict

Wharfers must not ignore this gem on South Quay

★★★★★

5 top flavours to get you in Burns mood

Burns Night arrives on Saturday so we've made it easy for you to get into the spirit of things with our five Scottish essentials:

1 Porridge: This Scottish dish is the perfect way to start the day or, as some may say, end it.

Head to **Leon** in Canary Wharf for your warming fix, including Porridge Of The Gods, which includes banana, chocolate flakes and honey – the not-so traditional Scottish twist on the breakfast.

If you'd rather make your own, support Newham sugar firm **Tate & Lyle** and buy some Lyle's Golden Syrup to add to it.



Start the day with some potent porridge

2 Smoked salmon: Pick up this smoked Scottish delicacy at Forman's in Hackney Wick and you will not be disappointed.

The company will be 100 years old in 2015 and distributes its goods to London's top restaurants.

Smoked salmon can be found in a host of venues around Canary Wharf but if you fancy it for breakfast head back to **Leon** or settle down at the **Four Seasons** in Westferry and eat it with scrambled eggs.



Or indulge in smoked salmon and eggs

3 Haggis: Of course this is a key dish. And top of the places which serve it is **Boisdale Of Canary Wharf**, which has just introduced a Union Haggis to its menu, incorporating ingredients from across the UK. Alternatively, on Burns Night head to either **One Canada Square** in the Wharf, or **The Gun** on the east of the Isle of Dogs for menus which include haggis.



Boisdale have got the (Union) haggis sewn up

4 Steak: There's a plethora of steak restaurants in Canary Wharf but they tend to stick to their regions.

For example **Gaucha** is quintessentially Argentinian and the Manhattan restaurant at the Marriott West India Quay favours cuts from Kansas.

But if you can't get a table at Boisdale on Burns Night then head over to **Goodman's Steak House** on South Quay for their delicious Scottish grass fed fillets.



Tough to find: Aberdeen Angus flesh

5 Whisky: Boisdale's whisky bar is impos-

sible to beat but there's also a great selection at **One Canada Square**.

Or if a wee dram isn't quite enough then check out the bottles at **Waitrose** in Canary Wharf's Canada Place.

There you can get anything from your Bell's to your single malts, direct from the Highlands.



Unbeatable: Boisdale's whisky bar is the most extensive in Europe

IBERICA

Book now for an exclusive evening

★ There are still spaces left for a food and wine matching evening at Iberica on Tuesday.

Alejandra Revuelta of Bodegas Beronia, a winery in Rioja established in 1973 and now famed for its aged reds, will host the event at the Wharf branch of the Spanish micro-chain.

The wine pairing dinner, which will also feature a tasting of Beronia Gran Reserva 1982, is priced at £50pp with a 50 per cent deposit payable up front.

Email elisa@ibericalondon.co.uk to reserve a space.

SMOLLENSKY'S

Deals offer Wharf respite from blues

★ Wharf stalwart Smollensky's is running a range of offers to tempt customers in the cold of January.

Its restaurant is offering bottles of Prosecco or buckets of Becks for £20, two-for-one on selected cocktails and selected wines for £15 per bottle between 5-8pm.

Happy hour runs in its bar from 6-9pm and all day Sunday and features two-for-one cocktails to satisfy thirsty Wharfers.

For more information go to smollenskys.com.

Drink Spy



Indulge guilt-free with this cocoa and marshmallow treat

★ Could a mug of hot chocolate topped with creamy marshmallows be good for you?

Nature's Plus – a brand that specialises in natural health supplements – says so, with the release of its Spiru-Tein Hot Cocoa sprinkled with the sweet treats.

Whether you're in need of a warming drink to see you through the morning commute, or as a mid-afternoon reward, the cocoa delight is thick, rich and creamy yet packed with natural health promoting nutrients to boost the immune system.

Elderberry, bilberry and grape seed extracts, as well as dietary fibre arabinogalactans promote good health and help defend the body against winter illness, and are combined in the gluten and dairy free beverage. The product is priced at £15.75 for 10 servings. Go to naturesplus.com.



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calls cost £1.53 per min
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calls cost £1.50 per minute plus network charges

Or **Text.. REPLY1** (leave a space) the six-digit box number (leave a space) and then enter your message & send to **80098** eg: **REPLY1 123456 hi get in touch...** then send to **80098**
Successfully forwarded messages cost £1.50 per message (Max 160 characters). You must exchange 7 messages each before you can swap contact details. Messages may be moderated for yr safety and security.

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calls cost £1.53 per min
PLUS you can also listen to other members greetings on this number.

TEXT IN NOW AND CHAT TO LOCAL PEOPLE. SEND: CHAT1 TO: 60006 (TAC'S BELOW)

Women seeking men

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

TEMA 62, widow, seeks male, 52-72, nice travel, TV, reads out, holidays, walks, cycling. Tel No: 0906 500 3729 Box No: 419021

BLACK female, 41, 5ft 10ins, slim, love to laugh, have fun, seeking male, 5ft 10ins-6ft plus, 30 plus to enjoy life with. Tel No: 0906 500 3729 Box No: 409063

ANNA, busy mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0906 500 1563 Box No: 390919

SIMONE lady, 40, single mum, looking for black/mixed race male of similar age. 5 London area. Tel No: 0906 500 3729 Box No: 409067

CATHY happy independent female looking for her soul mate, someone to spend quality time but who also likes their own space. Tel No: 0906 500 3729 Box No: 409068

ADVENTUROUS attractive lady seeks no strings casual times with discreet gent. Tel No: 0906 500 1563 Box No: 409091

VANESSA 30s single mum, honest, loving, kind hearted, been hurt in the past enjoys music, reading etc. WLTW my very special Mr Right. Tel No: 0906 500 3729 Box No: 409090

MARIE slim attractive fun brunette, looking for good times with exciting broadminded male. Status unimportant. Tel No: 0906 500 3729 Box No: 409097

SARL 30yrs, own business, sexy loves dressing up and married, seeks discreet men for casual meetings. Can travel anywhere. ACA. Tel No: 0906 500 1563 Box No: 409097

CLAIRE young 39 slim size 10, pretty, outgoing, seeks similar spontaneous male for nights in/out and fun times. Tel No: 0906 500 3729 Box No: 409417

YOUNG 60 blonde, seeking male, 55-70 who I can have fun, laugh with, holidays and days out, who knows. Tel No: 0906 500 3729 Box No: 410181

MYRT old female, looking for gent, 60-68 interested in night out, theatre, dancing and nights in. Tel No: 0906 500 3729 Box No: 410007

STYR old slim blonde, seeks gent 55-70 for nights in/out and fun times. Tel No: 0906 500 3729 Box No: 410007

DEE 41, 5ft 10ins, black, uncomplicated, likes countryside, theatre, cinema, wine bars, meals out, seeks lovely male, 50 plus to share life with. Tel No: 0906 500 3729 Box No: 409941

ATTRACTIVE lovely young 60, N/S, GSOH, likes music, travel, coast, countryside, seeks tall, clean, affectionate male, 58-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409949

CAROLYN friendly, caring, creative, likes music, art, galleries, travel, poetry, conversation seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409065

BASY going female, 40, 5ft 10ins, N/S, likes walks, meals out, nights in, cooking, music, seeks similar N/S, kind, caring male for LTR. Tel No: 0906 500 3729 Box No: 409061

DOWN to earth female, good heart, attractive, tall hair, green eyes, 5ft 7ins good personality, likes a good time, seeks male. Tel No: 0906 500 3729 Box No: 409067

SANDY 50's, likes most things, seeks male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409070

SEYR old female, seeks N/S male to share and enjoy life with, 40-56. Tel No: 0906 500 3729 Box No: 409077

CARING lady, seeking caring, honest man for relationship, likes meals out, pubs and walks. Tel No: 0906 500 3729 Box No: 409403

SIMR 50, true romantic, seeks clean shaven, N/S, romantic male for cozy nights in and travelling. Tel No: 0906 500 3729 Box No: 409409

ANGIE 32 sexy size 18, very attractive, good company and really fun to be with. What are you waiting for? Call me. Tel No: 0906 500 3729 Box No: 409053

ENGLISH Rose, seeks gentleman for mutually beneficial discreet liaisons, 50-60. Tel No: 0906 500 3729 Box No: 409057

IS there a gentleman out there? 53, blonde hair, blue eyes, 41 11ins, likes nights in/out, seeking gent, 50-60 top treat lady how she should be. Tel No: 0906 500 3729 Box No: 409058

44YR old West Indian lady, semi-retired, likes meals out, nights in, holidays, seeks West Indian gent, 58-64 for genuine relationship. Tel No: 0906 500 3729 Box No: 409073

MARY elegant attractive affectionate lady who enjoys many varied interests WLTW genuine male 50-60yrs for mutual intelligences. Tel No: 0906 500 3729 Box No: 409011

ALEX 35, very attractive, slim, blonde, caring sensitive single mum, likes meals out, nice pubs, WLTW similar minded to love and care for. Tel No: 0906 500 3729 Box No: 409060

SEYR old very lovely unloved Asian female seeking true love, must be very discreet, enjoy good nights out and able to accommodate to my nights in. Tel No: 0906 500 3729 Box No: 409048

CHERR 39yr old attractive well built sporty lady looking for tall, happy, well built male to enjoy adult companionship, hopefully leading to more. Tel No: 0906 500 3729 Box No: 409035

LUCY truly wonderful brunette who really loves life, seeking someone male for true friendship with a little romance thrown in for good measure. Tel No: 0906 500 3729 Box No: 409407

43YR old lady, seeks similar gent, 60-70 who is honest, reliable and loves holidays. Tel No: 0906 500 3729 Box No: 409019

LIZ 24 attractive blonde, green eyes, size 14, likes golf, pubs, comedy, holidays, WLTW professional well built male for romance, fun and more. Tel No: 0906 500 3729 Box No: 409003

HI I am Sally a single 39yr old female, pretty, size 8-10 with a GSOH and fun to be with looking for similar lonely male for mutual companionship, dates and more. Tel No: 0906 500 3729 Box No: 409061

JAN 38yr old attractive lonely female looking for uncomplicated fun times only. Status unimportant. Tel No: 0906 500 3729 Box No: 409007

JOWANA slim attractive blue eyed blonde, divorced with two teenagers, lots of love to give, looking for Mr Right, call me. Tel No: 0906 500 3729 Box No: 409007

FLOR beautiful educated European blonde, artistic, seeking similar intelligent well-mannered mature gent to enjoy socialising, conversing and quality times. Tel No: 0906 500 3729 Box No: 409060

CAROL 38yr old self-employed nurse, looking for similar lonely male who likes travel, holidays, theatre and most important 30. Tel No: 0906 500 3729 Box No: 409065

VICTORIA 30 fun loving and single looking for fun times with male, preferably Asian. Any age. Tel No: 0906 500 3729 Box No: 409079

LIZ attractive blonde blue eyed female with no children/sex, loves country living, animals, seeks male companion for holidays, cozy nights and more. Single old widows. Tel No: 0906 500 3729 Box No: 409059

SUSAN 24yr single mum of two, likes nights in/out, walking, swimming, running, WLTW tall, loyal easy going male to end lonely nights and brighten days. Tel No: 0906 500 3729 Box No: 409067

PAULINE pretty professional blonde, great curves, life and soul of any party, seeks tall, well-built male with passion for life to get together with. Looks unimportant. Tel No: 0906 500 3729 Box No: 409067

LOVELY tall slim nurse, very caring and fun but missing that va-va-voom! Seeks adventurous male who's up for fun times. Tel No: 0906 500 3729 Box No: 409019

FULL time vacancy arisen for open minded, well educated, intelligent relationship with slim professional 39yr old female with wicked sense of humour. Tel No: 0906 500 3729 Box No: 409017

JULIE big blue eyed blonde size 12 glamorous, pretty, 40's, likes a good time with a nice wine, walking, meals out, seaside, seeking young at heart male 40-55. Tel No: 0906 500 3729 Box No: 393470

CLAIRE looking for adventuresome male to live life to the max and enjoy adult fun times with. Go on give me a call. Any age. Tel No: 0906 500 3729 Box No: 409063

VIKCY attractive slim 30yr old nurse, new to the market with no hang-ups, enjoys nights in/out, dancing, music, looking for caring man for romance and more. Tel No: 0906 500 3729 Box No: 407035

BONED top up and lonely too? I'm a pretty petite solvent blonde, active, professional, likes nice food/wine, holidays, seeking similar male to spend quality time together. Tel No: 0906 500 3729 Box No: 409007

KATIE slim sexy female, likes cars, horses, stage looking for tall experienced male who knows how to make me happy and please me. Daytime meets preferably. Tel No: 0906 500 3729 Box No: 407045

KERRY blonde 38yr old, blue eyed 5ft 10, sexy, stays at home too much and looking for casual fun with older male with CHAC. Tel No: 0906 500 3729 Box No: 393377

DIANE average sort of lady seeking an average sort of man who will love me for who I am, appreciate my life, consider my interests and want to get to know me. ACA. Tel No: 0906 500 3729 Box No: 409065

JAYNE 44 bored, underappreciated pretty blue eyed intelligent lady seeking fun and interesting professional in similar situation to me for discreet fun times. Tel No: 0906 500 3729 Box No: 409011

TRISH shy divorced attractive female, slim, pretty, genuine, caring, enjoys holidays, countryside etc, seeking similar nice male to happily live in love with. Tel No: 0906 500 3729 Box No: 409067

PAULINE pretty professional blonde, great curves, life and soul of any party, seeks tall, well-built male with passion for life to get together with. Looks unimportant. Tel No: 0906 500 3729 Box No: 409067

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Fashion

Tartan Times

Beth Allcock checks out on-trend checks at the checkout



DEBENHAMS
Red Herring check
mini bag, £29
debenhams.com

Internationale
Red tartan
scarf, £7.99
internationale.com



FRED
Chiffon and
tartan maxi, £30
clothingattesco.com

ASDA
Tartan
kilt, £12
asda.com/george



M&S
Best of British
grey check
tie, £29.50
marksandspencer.com



FRED
Men's Argyle
gloves, £6
clothingattesco.com



TOTES AMAZE
Optic white Sophie satchel, £345
michaelkors.com

KORS blimey

★ Fashion fans craving the latest in designer accessories straight from the States need wait no longer, as the Michael Kors store opens in Canary Wharf today (Thursday).

Wharfers can find the brand's accessories-only lifestyle boutique, stocking the New York-based designer's second line, MICHAEL Michael Kors, in Jubilee Place Mall.

Handbags, small leather goods, watches and jewellery from the Spring 14 range are all on offer, including the items pictured.

■ Next month, Jubilee Place will welcome MAC Cosmetics to the lower tier of its retail offering.



UNDERSTATED
Luggage
Hamilton
long strap
messenger, £220
michaelkors.com



SNAKESKIN SMOOTH
Python embossed
jet set tote, £480
michaelkors.com



STRIPPED BACK
Maribella
perspex heel
shoe, £1,700
michaelkors.com

Health

SLIMMING

BY CAROLINE WATERSTON



WEIGHT LOSS DIARY

This week I'd hoped to tell you I'd finally dropped a few pounds. I am ashamed to admit, however, I failed to step on the scales for fear of having put on weight. Since my last column I've continued to eat left-over chocolates from Christmas and have only been to the gym once. That's why I've decided to try something new. Weight Watchers' Simple Start helps keep things straightforward. Just pick your foods from one easy to remember list, add a couple of treats and start losing weight. That's all. No counting, no weighing and no measuring.

- Start: 14st 4½lbs
- Now: Pending
- Goal: 10st 7lbs (or as near as)

HOW IT WORKS

★ Simple Start has been designed to be easy for new or existing WW clients who need a boost. It's a three-point strategy as follows:

- Choose all your meals and snacks from the Filling and Healthy Food List.
- Add in unlimited flavour boosters and drinks.
- Enjoy up to two extra treats a day.

Healthy foods

- Fresh fruit and vegetables including potatoes but excluding avocado.
- Lean meats and fish including chicken breast, lean ground beef, lean pork chop, lean flank steak, beef tenderloin, tuna fillet and lean deli meats.
- Dairy including fat-free or low fat milk, eggs, fat-free cottage cheese and low fat yoghurt.
- Pantry staples including whole wheat pasta, brown rice, reduced calorie bread and fat-free salsa.
- Seasoning including fat-free or low fat salad dressing, mustard, ketchup and reduced sodium soy sauce.



Treats

- Cheese slice, chocolate nut spread, two Jaffa cakes, two squares of chocolate and a small glass of wine.

Can I do this in Canary Wharf even though I eat out a lot?

Yes. The best way to make sure you're eating the Simple Start way is to carry your What To Eat list with you.

As long as you're choosing foods from that list, you'll be fine.

DOWNLOAD

★ The Weight Watchers Simple Start UK App is free, gives you top tips to get you started, great meal ideas and allows you to keep track of your progress. A range of other Weight Watchers apps are also available for Android or Apple users keen to slim down.



DETAILS

■ Caroline attends Weight Watchers at Reebok Sports Club, Canary Wharf. Classes run on Weds and Thurs from 7.30am-1pm. For information about meetings go to weightwatchers.co.uk.

Hone your skills before taking them into the city

PARKOUR

Wharfers hunting for functional fitness should look to Britain's first Parkour centre, writes **Beth Allcock**

Fans of Parkour are set to descend on east London when a national hub for the discipline is unveiled.

The sport, which Parkour Generations director Dan Edwardes branded "functional fitness", typically combines jumping, climbing and running with the mental challenge of overcoming fear and restrictions while tackling an urban obstacle course.

Next month, all the action will happen indoors as the organisation opens the UK's first purpose-built facility within the Grade II listed Chainstore building at Trinity Buoy Wharf.

Dan said: "It's a huge step for Parkour. We have spent several months looking for a building that suits every aspect of our requirements and we have now found that."

"The centre has been designed to ensure we are able to offer a world-class Parkour experience and we are very much looking forward to welcoming the sport's entire community, including those new to the discipline, as well as fitness enthusiasts, over the coming months."

Architects, graphic designers and construction experts have teamed up with elite Parkour practitioners to transform the space and install apparatus to host daily classes, open training, youth academies, certifications and educa-

tional seminars. Fitness and strength fans will be treated to a programme of classes, with a dedicated zone and separate multi-purpose workout space with Harlequin sprung flooring, offering an option for those who prefer a more flexible, drop-in experience.

Raised viewing platforms have been installed in the rafters as well as a health food cafe for onlookers.

Speaking to *The Wharf* last year, at the launch of a fresh set of outdoor classes in Canada Water, Dan said the French form of free running had surged in popularity since it was showcased during the opening scenes of *Casino Royale*.

The high intensity discipline burns fat, develops muscle tone and improves balance as well as having impressive visual appeal.

He said: "You probably haven't done this stuff since you were a kid. It reminds you of the things you naturally wanted to do, and were probably stopped from doing, at a young age."

"It's a way of training the body and mind through adapting to an environment."

■ Parkour practitioners will be able to sign up as members of the facility for unlimited use, or on a pay-as-you-go basis.

Go to parkourgenerations.com for more information.



Above, practitioners take on indoor obstacles in training



FAST FACTS

■ The Parkour discipline was originally developed in France.

■ Routines and movement were adapted from military obstacle training.

■ The fitness form has soared in popularity after appearing in various films and music videos, including the opening scene of the James Bond epic *Casino Royale* and Madonna's *Jump*.

■ Last year, champion free runner Tim Shieff was forced to play down criticism from Derby Police after he posted a video of himself running high above the city's streets.





The new Parkour Generations centre at The Chainstore building, Trinity Buoy Wharf



6 new workouts to try

NEW WORKOUTS



Fitness
guru
Laura

**Williams picks
the latest classes**

Need to breathe some life into your 2014 fitness routine? Forget endless stints on the treadmill – we've got London's hottest new classes covered.

1. Air Core

This class gives you a full body workout using a suspension training system.

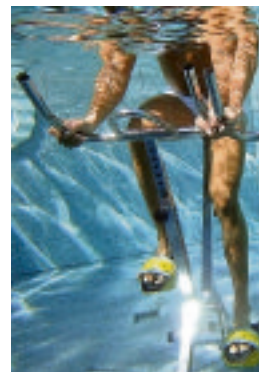
The intensity comes from seeing how many reps you can do in 60 seconds or how long you can hold your own bodyweight off the floor.

■ **Yay or nay?** Yay for the fan of the tougher workout. Nay for the novice exerciser or those with bad backs.

Reebok Sports Club
reebokclub.co.uk

2. R.A.W

Real, Athletic, Workout is a class based on the principles of popular High Intensity Interval Training and cross training (combining exercises from different disciplines) to ensure muscles are stimulated and worked to the max throughout the session.



Aqua Cycling at the Sports & Fitness Club at Dolphin Square is low impact

■ **Yay or nay?** Yay because this class involves so many body weight moves. With Thirtysevendegrees membership starting at £55, it's one of the more affordable options.

37 Degrees, Tower Bridge,
thirtysevendegrees.co.uk

3. Hotpod Yoga

Hot (we're talking 37C) Vinyasa yoga classes in portable hot yoga studios.

Hotpod maintain their classes are designed to strengthen as well as being intensely relaxing.

■ **Yay or nay?** If the thought of getting sweaty with colleagues in an oversized tent in the boardroom appeals to you, flag this one up to your boss.

Any suitable location,
hotpodyoga.com

4. Aqua Cycling

Billed as "a 45-minute revolutionary water workout", underwater spinning is popular in Europe, but it's new to the UK.

Said to achieve the same results as regular spinning but minus the wear and tear on the knees and that post-spin fatigue.

■ **Yay or nay?** Great for those who want slightly calmer, lower impact spinning experience but pricey at £20 a class.

The Sports & Fitness Club at
Dolphin Square, Pimlico,
aqualure.co.uk

5. Tabata

A four-minute High Intensity Interval Training protocol consisting of 20 seconds of intense exercise followed by a rest period of 10 seconds, repeated eight times.

■ **Yay or nay?** This is a good way to boost existing fitness levels but not to be undertaken lightly by the novice exerciser.

Fitness First,
fitnessfirst.co.uk

6. Body By Frame

Class is a mixture of continuous low impact cardio, interspersed with tougher intervals to really raise your heart rate

■ **Yay or nay?** Yay – this is a good tough class that will do what it says on the tin and best of all, at Frame you can either join up or pay-as-you go.

Frame, Shoreditch,
moveyourframe.com

MY DETOX DIET

Brand launches shake bar

★ Greenwich's My Detox Diet has launched a new fitness shake bar in-store.

The counter can be found on the ground floor of the 20 College Approach shop. It opened on Saturday and is jam-packed with products including berry coolers, chocolate booster and apple and mango boost with granola, all freshly whipped up to order.

Go to mydetoxdiet.co.uk.

MORWENNA TRUSCOTT

Try out new yoga classes

★ If you're craving a fitness form that works to improve both physical and mental strength, why not try Vinyasa Flow Yoga classes.

New sessions, held every Tuesday from 7pm at The Old Tidemill school in Deptford, offer a challenging workout as well as focussing on flexibility and wellbeing. They are suitable for all levels, cost £6 and mats are provided.

Go to morwennatruscott.com.

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Travel

TRAVEL TIPS

Five on-trend spots

1



Panama

This canal's centenary is a good excuse to visit this central American country. Rainbow Tours offers a 10-night Best Of Panama excursion from £2,930pp. Go to rainbowtours.co.uk.

2



Rwanda

Two decades on from the genocide this is a progressive country with a lot to offer. Explore offers six-day tailor-made packages from £2,090pp. Go to explore.co.uk.

3



Chengdu, China

Pop over for a chance to spot Giant Pandas in their natural habitat. Wendy Wu offers a 10-day trip with TV presenter John Craven from £2,590pp. Go to wendywutours.co.uk.

4



Eastern Sicily

A host of new air services from London are opening up the eastern part of the Italian island. Sunvil Discovery offers seven-nights B&B from £817pp. Go to sunvil.co.uk.

5



Iceland

Make time for a drive around on the 40th anniversary of the Route One ring road. Wow Air flies from London Gatwick to Reykjavik from £74 one way. Go to wowair.co.uk.

Huntin', shootin' and skiin' under a Big Sky

MONTANA

Pete Thompson goes Wild in the West and finds himself trigger-happiest

On a crisp winter morning, in the heart of the Wild West, the ominous sound of gunshots echo around a vast valley in Montana's Granite County.

Cowboys and Indians used to do battle in these parts, but I'm in no danger of getting caught up as it's me spraying the lead.

As I stare down the barrel of a Magnum revolver, it's fair to say the likes of Butch Cassidy and Billy the Kid would hardly have been quaking in their cowboy boots if they were still running amok in Big Sky country. But thanks to some expert tuition from my instructor, Theo, I manage to pepper the target.

There's no likely afternoon duel for me, though, as the prospect of a massage followed by a Snowcat ride before dinner is far more appealing.

I might not be a cowboy in the making, but I'm very much at home at The Ranch at Rock Creek – 10 square miles of luxury retreat that provides the perfect escape from the rigours of the real world.

The ranch was originally a mining claim in the late 1890s but more recently it was owner Jim Manley who struck gold when he bought the property before it hit the market in 2007.

We arrive in the dark of night, so it's not until morning when I climb out of the huge four-poster bed in my Palomino room that I'm able to take in the surroundings.

I'm not disappointed as I gaze out to see the natural beauty of rolling hills, tall trees covered in snow and a valley that stretches as far as the eye can see. After tucking into a hearty breakfast, the huge leather sofas in front of a roaring fire in the homely Granite Lodge look very appealing, as do the luxurious cosy Cabins on The Ranch, which would look very much at home in the Swiss Alps.

But I'd not come all this way to sit inside, and we are soon off into the hills for some clay pigeon shooting, where Theo gives me a big helping hand by advising me to shoot left-handed rather than right, as I had done in the past.

"Nice shot," bellows Theo, as I pick off several clays before being flummoxed when he proceeds to send up two at a time.

It's then on to the ice skating rink,

Left, a ranch hand at Rock Creek, below
Right, the Silver Dollar Saloon



FACTFILE

■ Peter Thompson was a guest of The Ranch at Rock Creek (theranchatrockcreek.com) which offers rooms from £550pp per person per night including all meals, beverages, two daily on-site activities, downhill skiing at Discovery Basin with ski concierge, excursions to historic local towns, telephone calls and internet.

■ Butte and Missoula are the nearest airports, accessible via Chicago, Denver, Seattle and Minneapolis. BA flies daily to Chicago or Denver from London.

to appreciate skiing downhill more than ever before, tumbling into deep snow at the end of the run like a leggy marathon runner stumbling over the finishing line.

I felt like I'd earned a few afternoon beers in Philipsburg. On our way to the nearby town, we spot two moose also quenching their thirst by the river on The Ranch. During the late 1800s, Philipsburg was a thriving silver mining town. But the silver crash in 1893 left it devastated.

There's still a buzz in the recently opened brewing company though, where we sample local beers. It perks me up for the following day when I'm ready for my next challenge – pistol and rifle shooting.

After a thorough briefing on gun safety, there's a distinct lack of "nice shot" calls from Theo as I miss the target time and time again.

Very soon, I find myself face down in a hot tent, covered in sweat.

Fortunately I have not been captured by Indians and taken to their tepee. Quite the opposite in fact – I'm in a Swedana steam tent enjoying a herbal Ayurvedic therapy.

Completely relaxed and invigorated, I'm soon climbing into the back of a Snowcat and sampling another hot toddy as we plough up the hills to find more alcoholic refreshments waiting for us next to a blazing fire that burns in the snow.

It's frankly impossible to imagine how a holiday could be any better than this. Welcome to perfection in vacation.

Soon we're back at Granite Lodge for a delicious dinner featuring a tender, grilled Montana elk strip loin.

We continue the night with some 10-pin bowling and pool over at the Silver Dollar Saloon as barman Matt keeps us hydrated with a range of tasty American beers, cocktails, whiskeys and whatever takes our fancy.

The following morning I endure one of the sternest fitness tests of my life – cross country skiing – encountering one hill after another with no sign of any let-up.

But after gritting my teeth, I'm able



where the Johnny Cash track *Get Rhythm* belts out. I show anything but rhythm, however, as one spectacular fall is followed by another.

ADVERTISEMENT FEATURE

Health & Beauty

If you have already made important lifestyle changes this January, why not look again at six local businesses ready to help you detox, relax and rejuvenate throughout 2014

MY DETOX DIET



Detox While You Work - New year – New You!

Feeling sluggish and washed out? Carrying around some extra weight? This time around why not make it a resolution you'll really stick with? Let's kick-start your mean and clean 2014 with a deep cleanse for the body and the mind. Bring it on with our 3 Day Raw Juice Cleanse incl. our detoxification treatment "Iyahi Dome" £99 for Wharf readers! (usual price is £125)

My Detox Diet - 20 Cllege Approach, Greenwich SE10 9HY
www.mydetoxdiet.co.uk
 0208 858 6028

CHINA HEALTH SPA



Offering luxury treatments to soothe, calm & revitalise, China Health Spa is a modern spa situated in Canary Wharf and Chiswick. Our warm and friendly staff will introduce you to our fabulous treatment menu, offering everything from relaxing, deep

tissue, sports massages etc to traditional Chinese treatments such as Acupuncture, Acupressure and Herbal remedies etc.

CHINA HEALTH SPA, Canary Wharf - 15 Hertsmere Rd, West India Quay E14 4AW
www.chinahealthspa.co.uk
 0207 515 0868

SALT LAKE CENTRE



Salt Lake Centre is a unique Floatation Spa Centre which introduces highly innovative Floatation tanks. One hour of floating will help you escape the hustle and bustle

of London's busy lifestyle. Float rooms are equipped with the latest generation of technology-rich floatation machines affording you the utmost luxury.

Benefits:

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- improves sleep • speeds up recovery
- boosts immunity • helps prevent sports injuries
- promotes total calm relaxation

Massage available

Salt Lake Centre - 32 Skylines Village, London E14 9TS
www.saltlakecentre.co.uk
 0203 069 9921

QUINN CLINICS



Quinn Clinics is an award-winning skin treatment clinic in Greenwich/Blackheath offering the very latest high quality skincare treatments.

Anti-ageing injections are carried out personally by Dr John Quinn, while friendly therapists are trained to a high standard in laser hair removal and microdermabrasion. The clinic has invested in the latest skin technology including CO2 fractional laser and radiofrequency treatments.
Quinn Clinics - 54 Woodlands Park Road, Blackheath, Greenwich, London, SE10 9XD
 beside Maze Hill train station
www.quinnclinics.co.uk
 0208 858 0575

RE:SPA



Now the Christmas party season is over, January is all about diet and detox. Here at Re:SPA we have an extensive treatment menu designed to help pamper, relax and indulge you. So why not take advantage of some of the fantastic offers currently available in the spa by visiting <http://www.respalondon.co.uk>. Relieve those aches and pains with a sports massage or revitalise and refresh your skin with one of our facials or full body treatments to help you beat those January blues.

Re:Spa - Reebok Sports Club, 2nd Floor
info@respalondon.co.uk
www.respalondon.co.uk
 0207 970 0912

URBAN BEACH



If your New Years resolution was to lose some extra pounds, then our fabulous Shrinking Violet body wrap is the treatment for you. If it was to take better care of your skin then check out our full range of Dermalogica products; but if it was the right resolution, to feel and look fabulous, then all of our treatments from our high specification tanning units to our full menu of treatments are just what you need.
Urban Beach - Jubilee Place Mall, Canary Wharf, London E14 5NY
www.urbanbeach.eu
 0203 200 2000

LondonEYE



TOBY MELVILLE



EU IS NO JOKE

Chancellor of the Exchequer George Osborne addresses a conference on European Union reform, in London. Osborne said the legal treaties that dictated how the EU was run were not fit for purpose and should be changed, saying he was determined his country would reshape its ties to Europe.

BEN STANSALL



GOING UNDERGROUND

Prime Minister David Cameron and London Mayor Boris Johnson visit a Crossrail construction site beneath Tottenham Court Road on Thursday. The railway, which is the largest infrastructure project in Europe and will provide a new link across the capital has reached the half-way stage, said the Canary Wharf-based Crossrail company.



TOBY MELVILLE



SHIP-SHAPE

Conservators work on the final preparations of the remains and replica of an 11th century Viking ship at the British Museum in London on Friday. The surviving timbers of the longest Viking warship ever found, will be displayed in the UK for the first time at a major show called *Vikings: Life And Legend*, which opens in March.

TOBY MELVILLE



TOP OF THE POPS

Ukip leader Nigel Farage waits to deliver a speech on The City And Europe in London on Monday. Britons named his party their favourite in a poll on Sunday despite the eccentric antics of some of its members.

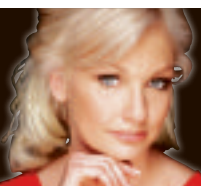
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Old friends link to the fun times you are so obviously seeking. It's been far too long since you've caught up with past acquaintances. One fizzles especially.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

You need to rectify a problem in the family. The good news is it can be done through humour. Animals or people who own them bring memorable times.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

You have been neglecting yourself recently and putting others' needs first. From today, I want you to think about what you want and who makes you happy.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Try to have a heart when talking about others' problems. You may not see it now, but many of the signs are feeling more self conscious and positive.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Competition and bitchy comments make the workplace and business affairs more challenging. Set a standard you would wish to be observed.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

The chance to become friends with an ex needs careful consideration. Someone you didn't used to like in your social circle gives you a glance too.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Family have been acting strangely recently and it's going to be hard for you to know who is telling the truth. Don't make accusations without proof, Leo.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

You haven't been dealing with a recent set back as well as you had hoped, but that's because you've been trying to deal with everything on your own.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

I can see that recently you have built up plenty of admirers. Tonight you get to see which ones can offer you the physical attention you really need Libra.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Try to resist the temptation to flirt with someone who is far from free. Many of your sign have been on the other side of such a situation. Beware Scorpio.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Are you accepting second best? Only you can answer that honestly, but just remember that you know you are a sign that needs 100 per cent commitment.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Some careful sums prove to you how easy it is to wriggle out of what at first seemed like a tight corner. This also means you need to keep an eye on money.

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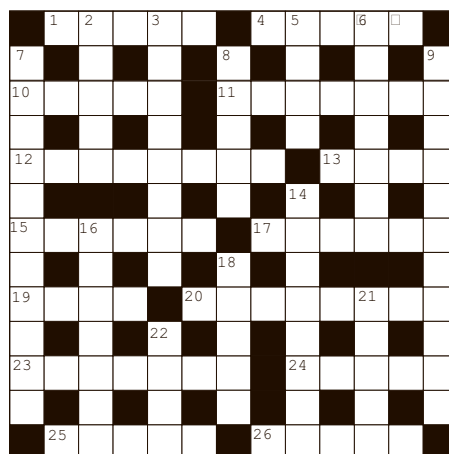
of the actor, pictured here who stars in the Coen brothers' highly acclaimed *Inside Llewyn Davis*.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is February 6.

You must include your name and postal address.



Crossword



ACROSS

1. Musical drama (5)
4. Precipitous (5)
10. Fertile spot
11. Sudsy detergent
12. Roomy
13. Ceremonial splendour (4)
15. Inflatable mattress (6)
17. Plot dishonestly (6)
19. Small branch (4)
20. Highest point or level (8)
23. German measles (7)
24. Shape, pattern (5)
25. Moves to and fro (5)
26. Sharp, severe (5)

DOWN

2. Spaghetti, say (5)
3. Breathes (3,5)
5. Snare (4)
6. Blow up (7)
7. In the first place (3,8)
8. Edition (5)
9. Understands (11)
14. Profitable (8)
16. Coloured arc (7)
18. Panatella, say (5)
21. Add up (5)
22. Engage in games (4)

ACROSS: 1. Opera; 4. Steep; 10. Oasis; 11. Shamrock; 12. Spacious; 13. Pimp; 15. Air-bed; 17. Scheme; 19. Twig; 20. Pinnacle; 23. Rubella; 24. Mount; 25. Sways; 26. Acute. DOWN: 2. Pasta; 3. Respires; 5. Trap; 6. Explode; 7. For starters; 8. Issue; 9. Comprehends; 14. Economic; 16. Rainbow; 18. Cigar; 21. Count; 22. Play.

Sudoku

EASY

1	5	4	3	6	2	8	9	
			3		9	5		2
			2	1	4	7	6	3
4		7	6	2			5	3
		6	7				1	4
2					4	7	8	
3		1			9	5		8
5		9		8		1	7	
7	2	8	5	1		3		9

HARD

		6		5			8	7
					8			
			1					
	8					9	3	
	9		6				2	
	1			3				
5								
4					9	6		3
2		1	3			4		

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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THE FANS'
ROAR

By Ian Toal



Millwall Supporters Club

**Holloway's magic works**

All of a sudden we have got our Millwall back. Well, that's what some of the crowd were chanting during the second half against Ipswich.

The vital 1-0 win against the promotion-chasers was well deserved even if the goal, from Tottenham loan signing Ryan Fredericks on his debut, was more than a bit lucky.

We all knew he was just crossing the ball in but their goalkeeper Dean Gerken made a hash of it, gifting us the win.

It was the first Millwall side new manager Ian Holloway had picked himself and was a great way to kick off his tenure at The Den.

The players got stuck in and were in the opposition's face. That helped to give us the result. Holloway has an infectious personality and it has rubbed off on the team and the crowd.

Centre-backs Danny Shittu and Shane Lowry both had great games, which helped give us a platform to build on as well as a vital clean sheet.

We even managed to cope with goalkeeper David Forde having to go off injured after 44 minutes of the match.

With our next scheduled



Lucky cross: Loan signing Ryan Fredericks in action

“We even managed to do without David Forde

opponents Yeovil Town still involved in the FA Cup, our match against them this Saturday has been put back to February 11.

This has allowed the team to go on a five-day warm weather training break to Portugal.

Although I would rather still be in the FA Cup, this has come at a great time as it allows Holloway and his coaching staff to get to know the squad better and get across their ideas and methods of playing.

The boys will be training three times a day and there will be plenty of video analysis to benefit the team.

Holloway moved to bring ex-Millwall player Marc Bircham back to The Den as first coach last week.

For Bircham to leave QPR, the club he supports, really does say something about the pull of Holloway.

Des Bulpin has also joined Holloway's back-room staff from Crystal Palace where he's been managing the U18 team since last summer.

It was great to see Bircham out on the pitch warming up the team before the match.

He's a real character and hopefully there will still be room for his mate Neil Harris within Holloway's coaching team.

These former Millwall players will be able to instil in the current team what they need to succeed at Millwall.

Essentially, this is more of what they did against Ipswich as we have a long way to go to stay up.

FA Cup run could galvanise Addicks

CHARLTON

Manager looking for a big club to visit the Valley

Rob Virtue
@wharf.co.uk

The Addicks go into Saturday's fourth round tie with Huddersfield in high spirits and manager Chris Powell is targeting an FA Cup run.

Charlton saw off Oxford United with a comfortable 3-0 win on Tuesday night to book their visit to the John Smith's Stadium.

"The cup run doesn't distract us at all," Powell told the club's website. "It has been much maligned, which to me is a disgrace as it remains a wonderful competition."

"I want us to get through



Yann Kermorgant, left, celebrates his goal against Oxford

Huddersfield and go on a cup run as to get a big club at home in the next round would be big – it could galvanise our season."

Yann Kermorgant fired in two goals and Danny Green got the other to seal Charlton's victory.

"Oxford are a decent side, as they showed in the first game but, even though we made a couple of changes it was encouraging to see how

we performed tonight," said Powell.

"It was good to be able to bring young Diego Poyet on at the end for 10 minutes as well and give him his first taste of senior football. All round, it was a good evening for us."

In other news reserve striker Michael Smith was expected to move to Swindon this week after beginning talks.

Huddersfield v Charlton, Sat, 3pm.

Lions smash Riders' streak

BASKETBALL The London Lions defeated reigning champions Leicester Riders 78 points to 73 in the East Midlands on Saturday.

The Londoners broke Riders' six-game winning streak, forcing them into committing 21 turnovers as a result of suffocating the defence. Rod Brown was top scorer with 23 points.

The Lions now await the visit of the Durham Wildcats on Sunday, January 26, at the Copper Box.

**WEEKEND FLUTTER**WITH THE
RACING POST**RACING**

■ **Unioniste** should take all the beating in the SkyBet Chase at Doncaster on Saturday.

The son of Dom Alco found the Lexus Chase too hot to handle but will be far happier back in handicap company. At 7-1 he looks rock solid – well worth backing.

Ed Quigley

FOOTBALL

■ Bournemouth have won just two of 14 against top-half Championship outfits and now they face a top-six Premier League team in **Liverpool**.

The Cherries are defensively suspect and the Reds are worth backing to be leading at half and full-time.

Mark Langdon

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Sport

Wharf



LUCKY FREDERICKS

Why Ryan's goals has put Lions back on track **P63**

DARTS

Greats of the game will take on the crowd

Beth.Allcock
@wharf.co.uk

FOR one night only you might find yourself dazzling alongside The King of Bling, testing your nerves against Wolfie or challenging for The King's crown as darts fever takes over the Indigo2 this weekend.

Familiar faces in the game – Bobby George, Martin Adams and Mervyn King – will join a host of others including Andy Fordham and Peter Manley for The Legend of Darts Masters on Saturday, hosted by Richard Ashdown.

Promoter Wayne Dobinson is keen to stress the first event of its kind is more of an exhibition – not a competition – with fun and light-hearted banter throughout.

And audience members on VIP tables, as well as sitting on the balcony



VIP ticket holders might find themselves squaring up to the likes of Martin Adams

and main arena, will be chosen to take on some of the big guns at the dartboard.

Wayne said: "For people sitting in the audience, we'll give them a nickname and some walk-on music and the place is going to get mental, especially if they beat the players."

"It's going to be a great night – it's a bit of everything, a bit of fun, where people come in and see their darts heroes and get involved."

A host of raffles and signed items will be auctioned off, as well as programmes, with proceeds donated to Help for Heroes.

The action at the dartboard will be followed up by a set from tribute band, The Abba Girls.

Tickets start at £27.50 for the event, which kicks off at 6pm. Go to theindigo2.co.uk.

Firms to take on cycling challenge

CYCLING

Coach hopes tough work ethic will come through on Wharf's 1km track

Beth.Allcock
@wharf.co.uk

Six months of cycling fever lies in store for Wharf's gearing up for the Project V corporate challenge, unveiled at Level39 by British cycling coach Shane Sutton.

Some 40 teams will sign up for training sessions and qualification rounds as well as equipment tune-ups and technique master classes as they head towards July 17 with a grand race day around the estate.

Amid the buzz surrounding this year's Tour De France – which falls in the same month – teams of eight riders will tackle four laps of the 1km circuit in Italian Team Pursuit format.

Shane has signed up as Project V's performance coach, and said team building was at the heart of the event.

He said: "For this, someone has thought outside the box – it's a sports challenge in a corporate environment so totally unlike anything anywhere else."

"Willpower can take you anywhere but willpower will not get you what you want in Project V on race day. This will go down to team-building, leadership skills and training."

"It's very tough, very short and very explosive and it will be taken very seriously. We are trying to bring a bit of our work ethic to the corporate world to try to achieve the best they can be."

Shane will be on-hand to offer advice, experience and top tips.

Training plans will be put together as well as video diaries to help with



Cycling coach Shane Sutton, right, offers Team GB cyclist Matt Crampton some advice during last year's UCI Track Cycling World Cup.

ON OLYMPICS



British cycling coach Shane Sutton said: "Particular figures within cycling have made it what it is today but that wouldn't have happened without the wisdom of the people many years ago who set the pathway."

- January 16: Project V launched.
- February to April: Team selection drop in sessions.
- May 17-18: Training days with Geraint Thomas of UCI ProTeam Sky
- June 20: Qualification
- July 17: Race Day

a host of potential sticking points in the schedule, coupled with training days led by Geraint Thomas, of UCI ProTeam Team Sky.

First though, comes the team selection drop-in sessions starting next month, followed by an eventual whittling down to 24 riders – eight per company.

Shane said all talents, from frontline performers to the back-up crews, were needed to ensure a smooth build-up and race.

He said: "Everyone can bring something to the party. It's not just about the eight, it's about everyone contributing. This is going to take something quite special to achieve."

Go to projectvlondon.com.



Blackheath's Gavin O'Meara, right, in action against Tynedale

Another defeat for sorry Blackheath

RUGBY Blackheath fell to defeat at Tynedale leaving the Londoners rooted to the bottom of the Division One table.

The northern side's Ben Frankland scored four tries to condemn Blackheath to a 31-10 defeat. A penalty try and the kicking of David Marshall reduced the arrears. Next Saturday Blackheath host Esher at Rectory Field. Kick-off is at 3pm.

WEST HAM

Irons' target is 22 points to survive

WEST HAM manager Sam Allardyce revealed he almost has his full squad back to fitness for the upcoming games following Tuesday's 3-0 defeat to Manchester City.

He said the recovering players would provide a boost as he targeted Premier League survival.

"Joe Cole has a groin injury and Mohamed Diame's knee injury is not as serious as first feared," he said.

"Winston Reid goes back to full training on Monday, Ricardo Vaz Te and Guy Demel are due to play a friendly as well as George McCartney and Joey O'Brien. If you give me all those players from now till the end of the season, we will start to win games. It's 16 games and 22 points needed now. It's that simple."

West Ham have a very important February, playing three bottom half teams.

Swansea will visit the Boleyn Ground next week, before an away game with Aston Villa, and another midweek game against Norwich City on the following Tuesday.

Chelsea v West Ham, Weds, 7.45pm.

Jack Pincock

the Wharf LEAGUE

RESULTS

DIVISION ONE

Carlos Has The Eyes	7
Athletic Pathy	5
Camden Pathway FC ●	6
Cavendish Allstars	2
Landas Pandas	6
Abou	9
Bayer Neverlusen	7
Docklands Saints	6

DIVISION TWO

Le Coc FC	10
Fab FC	0
The Wharf FC	7
Jubilee Utd	19
Pavilion Casuals	9
Hurford Salvi Carr	15
PCFC ●	15
Bathalona AFC	4

DIVISION THREE

Wide FC ●	10
Syniverse	3
Newport Dodgers	7
Efan Ekoku's Elite	11
ISS Tigers	9
Mentor	15
FC Hangover	9
Centrepont	17

Last games on January 15.

● = Current league leaders.

The Wharf League is played at

Powerleague in Crossharbour.

Go to powerleague.co.uk.

PROPERTY

Wharf

Canary Wharf's leading property guide



East Village releases more rental properties

P20

Why lack of brickies is hitting new building

P18

3

of the best properties available in London

P18



Docks need improved infrastructure quickly

Businessman says change is vital if plans are to be realised [Page 18](#)

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Guide: £375,000
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Spend less



Guide: £249,000
Waterfront House, E5

With a massive reception room/kitchen area, this one-bed's on the third floor of a modern purpose-built block.

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For more properties on sale now in London, go to stirlingackroyd.com

Skills and materials shortage is damaging

Rob.Virtue
@wharf.co.uk

A SHORTAGE of bricks and bricklayers is restricting house building in the UK.

While the market picture overall in the UK was being seen as strong, a recent report showed private development was being held back by skills and materials issues.

In the latest Royal Institute of Chartered Surveyors' Construction Market Survey, covering the last quarter of 2013, 36 per cent of respondents claimed a lack of labour and, in particular bricklayers, was restricting activity.

Meanwhile, 40 per cent of those surveyed said materials, most notably bricks and concrete blocks, were in short supply and that was damaging the growth of the sector.

However, there are still strong positives for the country,



GETTY

Building: Not enough brickies

especially in London, with the private sector leading the way. Overall growth in UK infrastructure construction was found to be increasing at the fastest rate in the last seven years.

As well as private house building growth there was also a marked increase in public housing and commercial activity including offices and retail.

Expectations continue to be positive with 84 per cent of chartered surveyors believing they will see a rise in workloads in 2014.

Predictions for employment levels and company profits were also strong.

Alan Muse, Rics director of built environment, said: "With the economy having turned a corner in recent months, it would seem the construction industry has followed suit and activity is up right across the country."

"More homes are being built, infrastructure is being upgraded and each part of the UK is benefiting from this more positive picture."

"However, with recent estimates stating that over 230,000 new homes need to be built just to keep up with population growth, further initiatives from the Government will be necessary to get close to this target."

Pace of change in Royal Docks is incredible



Hot spot: but better facilities are needed to encourage even more growth

But Brian Fitzpatrick explains why he wants to see even more development

Beth.Allcock
@wharf.co.uk

With 10 different companies to his name, Brian Fitzpatrick has a passion for the Docklands property scene sparked more than 10 years ago.

The 56-year-old managing director of Fitzpatrick Construction UK first made his mark on the east London patch, alongside partner Steve Fitzpatrick, creating developments in Rotherhithe and St Katharine Docks.

Their first mission in E16? To build around 107 properties at The Grainstore, completed in 2006.

From then on, a strong relationship with Newham Council saw the transformation of what is now the home of Oxygen Property Management, from a hotel to 247 apartments with commercial units on a site near the Emirates Air Line.

Fast-forward eight years, and the Fitzpatrick 10-company operation now incorporates a facilities and property management firm overseeing 350 homes, while still maintaining its original investment in construction and development.

"It's just incredible how much the area has changed in the space of five years," said Brian.

"It's got a great vibe about it – it's very easy to access the area with the infrastructure, road systems and the DLR and Crossrail is coming,

which will open up the whole area. The proposed Chinese investment is a must as it is going to bring other industries with it.

"People have been talking about regeneration for a long time and this will be a catalyst to make that fly."

But with primarily young professional buyers flocking to the area keep to snap up a waterside home, the Islington man said there were two problems in the market – a lack of stock and a need to improve infrastructure at the Royal Docks, by creating more schools and retail.

"What I would really like to see here is more development, and a mix of schemes," said Brian.

"We certainly need more properties. There is a huge demand and a huge

What is Royal Docks looking out for?

"We certainly need more properties. There is a huge demand and a huge appetite. There's just a huge, huge shortage of stock."

appetite. There's also a huge shortage of stock.

"It's very difficult. I have been in the business for 35 years and I have traded through a lot of different scenarios in that time but we are finding this to be a very difficult market."

Despite the threat of a "boom and bust" bubble, Brian said the thriving regeneration of the Royal Docks, coupled with his tech-savvy team of 20, always meant he turned up to work on Monday morning with a smile. Go to fitz.com.

Brian Fitzpatrick says the area needs more in the way of schools and retail space





JAMES PERRIN



The City Mills is just 20 minutes from Canary Wharf

Premium homes making a splash

DEVELOPERS have selected 12 premium specification apartments and penthouses to form an exclusive Skyline Collection at The City Mills in Haggerston.

The portfolio of 12 two and three-bedroom homes, launched last weekend, claim to offer "unparalleled views over London" with floor-to-ceiling window vantage points from their E8 location.

Flexible and luxurious living space spans 1,101sq ft and floors six to nine of L&Q's flagship offering, with interior design touches of Tuscan Rustic oak engineered wood flooring in the lounge and entrance hall and custom-built Lemongrass kitchens.

Cathy Lloyd, sales director at L&Q, said: "Fashionable London is spreading eastwards and Haggerston is the latest neighbourhood to feel the uplift effect, with developments like The City Mills helping to establish a new and dynamic community in the area."

"The Skyline collection at The City Mills offers buyers luxurious, unrivalled views as well as a

convenient central London lifestyle."

The gems of the capital's scenery can also be enjoyed from the outdoors, with each apartment or penthouse in the collection offering at least one balcony, expansive terrace or roof garden.

Previous phases of The City Mills scheme, set alongside the trendy neighbourhoods of Shoreditch, Hoxton, Angel and Dalston have nearly sold out.

Green space is nearby at Haggerston Park, London Fields and Hackney City Farm while vibrant cafes and attractive pubs and restaurants attract a hive of visitors keen to enjoy home-brewed beers and bespoke cocktails.

For those more concerned about the daily commute, Haggerston Overground station provides connections to Canary Wharf in 20 minutes, while a journey to Oxford Circus takes less than half an hour.

Prices for the Skyline Collection are expected to range from £625,000-£1.2million. Go to thecitymills.co.uk.



By Dawn Sandoval

Help-to-Buy is having huge market effect

Q Since the introduction of the Government's Help-to-Buy scheme last year, is there evidence it is really working and assisting those who were previously unable to secure a home of their own? I'm considering this as an option but would like some information.

A More than 6,000 people have put offers on a home and applied for a mortgage since the start of the Help-to-Buy scheme, driving further expansion of UK lending.

These new mortgages signify new lending of nearly £1billion to those who previously found their home buying ambitions to be out of reach due to the cost of deposits. Santander and Barclays are set to introduce Help-to-Buy products and the Post Office has also announced



REUTERS

David Cameron says Help-to-Buy helps people achieve aspirations

it will soon join the scheme, offering mortgages from its partner Bank of Ireland.

The lenders currently offering the mortgage guarantee scheme include Lloyds Bank, NatWest, Halifax, Bank of Scotland, HSBC, Virgin Money and Aldermore.

This means a remarkable two-thirds of the UK mortgage market will now offer products under the scheme, giving aspiring homeowners a range of options in 2014 – important as January is the popular time for a fresh start somewhere new.

Describing the scheme, Prime Minister David Cameron said: "Too many people have found themselves frozen out of the market. That is why we introduced Help-to-Buy, so hardworking people with sufficient earnings can get on."

"In less than three months, the scheme has already helped thousands of people."

"I want to see that continue in 2014 and for Help to Buy to help thousands more realise their dream."

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.

GETTY



The East Village site under construction before the 2012 Olympic Games

East Village rentals prove very popular

Strong demand has prompted the release of more homes onto the market at site

Beth Allcock
@wharf.co.uk

High quality apartments at London 2012's former Athletes Village have proved so popular with renters that fresh stock is being made available to meet demand.

More than 100 people have set up home in East Village, dubbed London's newest neighbourhood, settling down into their new pads during November and December.

With an iconic postcode next to Stratford's Olympic Stadium, the development offers one and two-bedroom apartments for young professionals and couples as well as

three and four-bedroom properties, including townhouses, suitable for families and sharers.

John Ward, 35, who works in Westminster moved into a one-bedroom apartment in East Village with his partner in November.

He said: "It's exciting to move into a brand new neighbourhood and East Village is already starting to build up the great atmosphere you'd expect from London living, but with a village-feel and lots of open space that is missing from other parts of the capital."

"It's also great to be so close to so many shops and facilities with everything we need on our doorstep, and the excellent transport links mean the rest of London is in easy reach."

Those fond of fitness and the outdoors will relish the area's 10 hectares of new parks, wetlands and open space, with an on-site gym set to open this year.

The Velodrome and Aquatics Centres, key venues during London 2012, will also be available for public



COMPUTER GENERATED IMAGE



A two-bedroom property at East Village. The development now has 100 residents

use this spring. Back inside the apartments, renters at East Village will benefit from a range of free and discounted services, including no transaction, documentation, check-in or reference fees.

Hyperoptic fast broadband is also free, with reductions on Sky TV and designer furniture packages.

Derek Gorman, chief executive of Get Living London, said: "With over 100 renters now living in East Village, we are seeing London's newest neighbourhood coming to life."

"With more new homes now available, East Village is the perfect place to start the New Year in a new home."

Prices start from £310 per week for a one-bedroom apartment, £370 per week for a two-bedroom apartment, £475 per week for a three-bedroom apartment or £515 per week for a four-bedroom townhouse.

Go to getlivinglondon.com for more information or call 020 3701 7900 to find out more.



Londoners see 2014 as a new dawn in the property market. They expect a 9.6 per cent rise in prices over the next six months

Outlook is healthiest for the last four years

Beth.Allcock
@wharf.co.uk

HOMEOWNERS in London have expressed their confidence in the property market – with nearly 100 per cent expecting to witness price rises between now and the summer.

The latest findings from Zoopla's Housing Market Sentiment Survey are said to reveal "the most upbeat forecast in four years."

They show an impressive 98 per cent of those with a home in the capital predict an average price growth of 9.6 per cent during the first half of the year – 2.4 per cent higher than the national average.

Surveying a total of 7,796 homeowners across the UK, statistics revealed a national

optimism in the sector with predictions of 7.2 per cent rises between now and summer – a figure more than double that of last year, and up from 5.7 per cent just three months ago.

Lawrence Hall, of Zoopla.co.uk, said: "Across the country, homeowners are starting the year far more positive about the health of the property market."

"Early indicators suggest that we can look forward to a busy first few months in 2014, as current levels of confidence are likely to fuel more transactions."

"With 2013 characterised by the wave of government initiatives to lure first-time buyers onto the property ladder, 2014 could well be the year we see activity levels increase significantly."

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† Source: Google maps 4 minutes.

*Minimum income of £52,000 required.
Correct at time of going to print. For guidance only.

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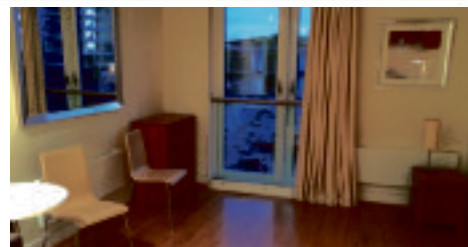
Abercorn Place, NW8

- Self contained studio situated in these prestige development
- GCH, 24 hours concierge & easy access to West End & City
- Close to St John's Wood Station

£265 p/w**Call 020 7510 1050**

Barons Lodge, E14

- A two bedroom apartment on the second floor
- Fully fitted kitchen, GCH & secure parking
- Closed to Island Garden DLR & local amenities

£280 p/w**Call 020 7510 1050**

Axis Court, SE16

- A modern studio apartment
- Fully fitted kitchen, laminate flooring & concierge
- Within minutes walk to Bermondsey Station

£300 p/w**Call 020 7510 1050**

Sapphire Court, E1

- A one bed apartment on the raise ground floor
- Fully fitted kitchen, GCH, communal garden & secure parking
- Closed to Tower Hill, City & local amenities

£315 p/w**Call 020 7510 1050**

Baltimore Wharf, E14

- Stunning luxury studio apartment on 9th floor
- Private wood decking balcony, 24 Hrs concierge, fully fitted kitchen, marble granite tiling with under floor heating
- Close to Crossharbour station & easy access to Canary Wharf

£330 p/w**Call 020 7510 1050**

Brecon Lodge, West Drayton, UB7

- A luxury 2 bed, 2 bath furnished apartment (811 sq ft) on 1st floor
- Open plan lounge leading to balcony & large terrace, lift & allocated parking
- Closed to West Drayton Station & local amenities

£330 p/w**Call 020 7510 1050**

Bridges Wharf, SW11

- A selection of furnished one / work and live unit apartments
- Fully fitted high spec kitchens, wood flooring to the reception room & hallway, balcony with river view, 24 hours concierge & underground parking
- Easy access to Sloane Square & Kings Rd

From £355 p/w**Call 020 7510 1050**

The Pulse, NW9

- A spacious furnished of two beds 2 baths apartment
- Open plan fitted kitchen, private terrace, allocated parking & lift
- Short walking distance to Colindale tube station

£365 p/w**Call 020 7510 1050**

Perspective, SE1

- A one double bedroom apartment on the 11th floor
- Fully fitted open plan kitchen, air conditioning, 24 hour porter, lift & secure parking
- Within a short walk to Lambeth North Underground & Waterloo Station

£375 p/w**Call 020 7510 1050**

Kara Court, Caspian Wharf, E3

- A fantastic two bed/ two bathroom apartment
- Private wood decked balcony facing front courtyard gardens, under floor heating, audio entry, secure bike unit & concierge
- Minutes away to Bow, with easy reach of district line & DLR

£375 p/w**Call 020 7510 1050**

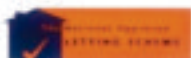
Millharbour, E14

- A selection of 2 beds 2 baths apartment with courtyard view
- Fully fitted kitchen, wood strip flooring, balcony, secure allocated parking, lift & 24 hrs concierge
- Easy access to Canary Wharf & close to South Quay DLR Station

From £410 p/w**Call 020 7510 1050**

The Westminster, SW1

- A selection of 1 bed/ 2 beds apartments in the heart of London
- Wooden flooring throughout living area, modern fully fitted open planned kitchen, under floor heating, lift & secure underground parking
- Closed to Westminster & St James Park Station

£500 p/w**Call 020 7510 1050**

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- Secure underground parking.[†]
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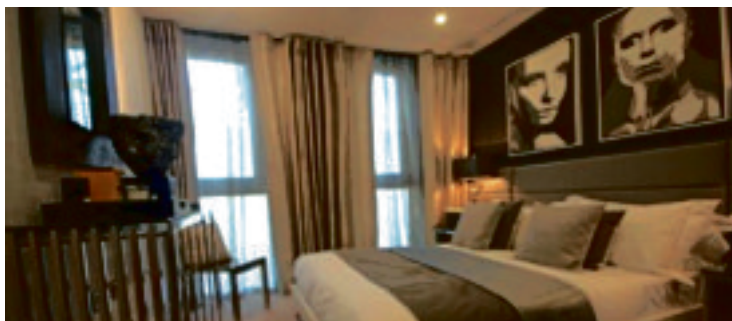
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This week's HOT property



Altitude E1

£890,000

Altitude is a luxurious 27 storey development perfectly located in Zone 1 within the regeneration area of Aldgate. It is just a short walk to the City yet close to the East End's trendy Shoreditch and Brick Lane. Set within an eight minute walk of three London underground stations, residents can enjoy breath-taking London views from the communal roof terrace on the 25th floor.



Renaissance SE13

£475,000

2 bedroom apartment. Set in the stunning Renaissance development in the heart of vibrant and cosmopolitan Lewisham, Metro Village are pleased to present this spacious airy 2 double bedroom DUPLEX apartment in the impressive Barratts built Sienna Alto tower on 24th and 25th floor boasting its own private roof terrace. Completion is due October 2013, call now to reserve this unique apartment.

NEW DEVELOPMENTS

Fairmont House SE16

2 bedroom apartment

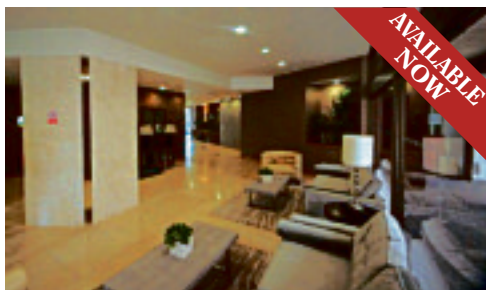


£475pw | £2,058pcm

A stunning two double bedroom, two bathroom luxury apartment in Fairmont House, part of the much sought after Maple Quays development on the doorstep (less than a minutes walk!) of Canada Water station. This property is available furnished or unfurnished to any prospective tenants. Contact a member of the team now for more information and to book a viewing!

Ebury Street SW1W

1 bedroom apartment



£810pw | £3,510pcm

LUXURY ONE BED APARTMENT - EBURY STREET Available immediately is this beautifully appointed one double bedroom apartment on the 4th floor of 55 Ebury Street development in the heart of Belgravia. This property boasts a spacious open plan living area and a fully fitted, designer kitchen, a marble bathroom and a stunning double bedroom, completely furnished. Recently renovated, this property is ideal for young professionals who seek a stylish one bedroom apartment in a highly desirable location.

Victoria House SE16

1 bedroom apartment

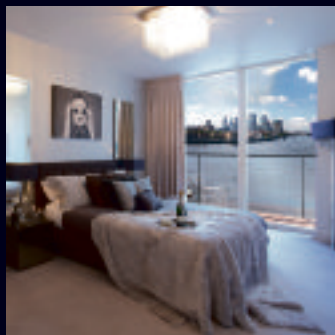
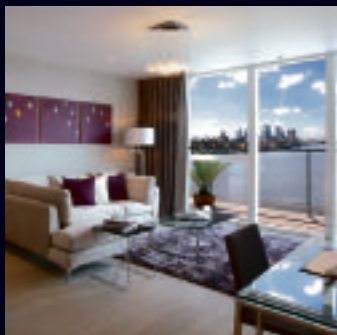


£370pw | £1,603pcm

Available from the 1st of February, this desirable one bedroom apartment in Maple Quays. This property comes with a 24 hour concierge service, as well as a resident's gymnasium. Just moments to the Canada Water station and the new Sainsbury's Local, this development is rapidly becoming the most desirable place to live in SE16. As always Maple Quays apartments are in high demand so call now to avoid disappointment. Call now to speak to a member of the team and avoid disappointment!

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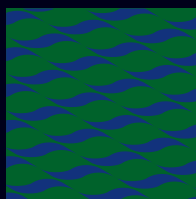
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3 BED FROM £605,000

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Aqua Vista, E3

£295,000 L/H

- One bedroom
- 9th floor, 549sqft
- South facing Balcony
- Langdons Park DLR

EPC - C



Lanterns Way, E14

£320,000 L/H

- Investment Opportunity
- AST until Feb 2015
- One bedroom
- Concierge & gym

EPC - B



Baltimore Wharf, E14

£330,000 L/H

- STUDIO SUITE
- 344sqft, 2nd floor
- Dock Facing Balcony
- Crossharbour DLR

EPC - B



Capital East, E16

£369,950 L/H

- 1 bedroom
- Secure parking
- Stunning views
- Close to Excel and DLR

EPC - TBC



Landmark East, E14

£480,000 L/H

- One Bedroom
- 34th floor, 530sqft
- 24hr concierge & gym
- Heron Quays DLR

EPC - B



Landmark East, E14

£690,000 L/H

- Two bed, two bath
- 19th floor, 807sqft
- Balcony, Stunning views
- 24hr concierge & gym

EPC - B



Landmark East, E14

£700,000 L/H

- Two bed, two bath
- 16th floor, 807sqft
- Residents parking
- 24hr Concierge & gym

EPC - B



Canary Riverside, E14

£1,100,000 L/H

- Penthouse apartment
- Two bed, two bath
- Underground parking
- Stunning views

EPC - C



Quayside House, E14

£1,200,000 L/H

- Three bed, two bath
- Listed warehouse conversion
- Allocated parking
- 24hr Concierge, pool & gym

EPC - C



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Mojo Apartments, E3

£265pw

- One bed apartment
- Balcony
- Concierge
- Bow Church

EPC - TBC



Lymington Lodge, E14

£325pw

- Two bed apartment
- One bathroom
- Allocated parking
- Mudchute DLR

EPC - C

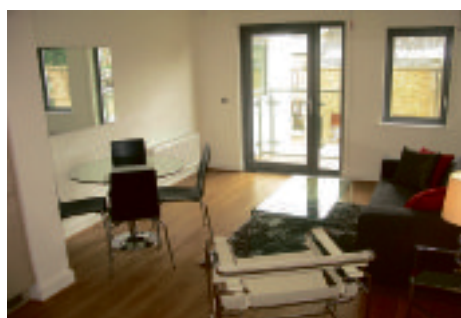


Millennium Drive, E14

£280pw

- Two bed, two bath
- Balcony
- Residents Parking
- Island Garden DLR

EPC - TBC



Werner Court, E3

£340pw

- Two Bedrooms
- Two Bathrooms
- Terrace
- Daytime Concierge

EPC - C



Iona Tower, E14

£360pw

- Two bed, two bath
- Balcony
- Concierge Service
- Limehouse DLR

EPC - B

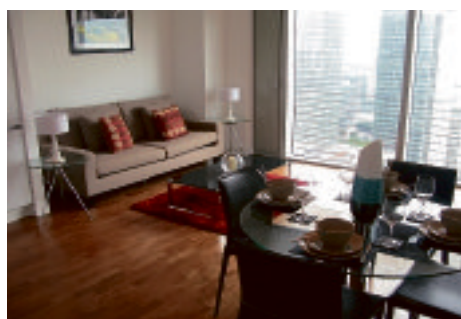


Landmark West, E14

£360pw

- One bedroom
- South facing
- 24hr Concierge & gym
- Heron Quays DLR

EPC - B



Landmark East, E14

£420pw

- Luxury apartment
- One bedroom, 39th floor
- 24hr concierge & gym
- Heron Quays DLR

EPC - C



Indecon Court, E14

£535pw

- Three bed, Two bath
- Balcony
- Courtyard facing
- 24hr concierge

EPC - C



Landmark East, E14

£600pw

- Two bed, Two bath
- 40th floor
- 24hr concierge & gym
- Heron Quays DLR

EPC - B

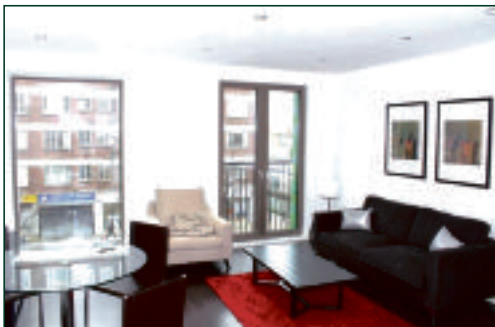


Chase Evans

**Leonard Street, EC2****£625,000 L/H**

One bedroom apartment of approximately 572 square feet, situated on the fifth floor of this modern development with 24 hour concierge conveniently located within walking distance of Old Street underground and rail stations. This south facing property features a fully fitted and appliance kitchen with breakfast bar, open plan living room with balcony and study area, bedroom with built in wardrobing, fully tiled luxury bathroom, underfloor heating and comfort cooling.

City 020 7488 2777

**Regent Canalside, N1****£465 pw**

One bedroom apartment boasting approximately 564 sq ft of living space and a high spec finish throughout. This brand new, canalside development is situated in the heart of Camden, providing fantastic transport connections as well as a huge variety of restaurants, bars and shops.

City 020 7488 2777

**Warehouse W, E16****£460 pw**

A two double bedroom, two bathroom, duplex apartment set in this stunning converted warehouse building. The property offers a large reception room and separate dining area, exposed brickwork and beams, high ceilings and a fully fitted kitchen with integrated appliances.

Pan Peninsula 020 7536 7900

**Pan Peninsula, E14****£450 pw**

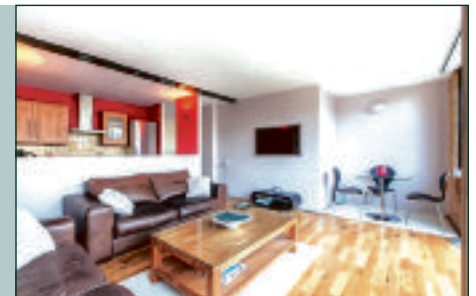
One bedroom apartment on the 31st floor of this iconic development next to South Quay DLR and within walking distance of Canary Wharf. The property offers a contemporary living space with excellent finish and views of the O2 and River Thames.

Pan Peninsula 020 7536 7900

**Burrells Wharf, E14****£435,000 L/H**

Two double bedroom apartment in a converted Grade II listed warehouse. The property is situated on the second floor and benefits from a large, west facing balcony with views over the courtyard to the river Thames, wood flooring, large living room with dining area and stylish open plan kitchen and underground parking space. Burrells Wharf is a popular, riverside complex with 24 hour concierge service, swimming pool and gymnasium.

Docklands 020 7510 8444

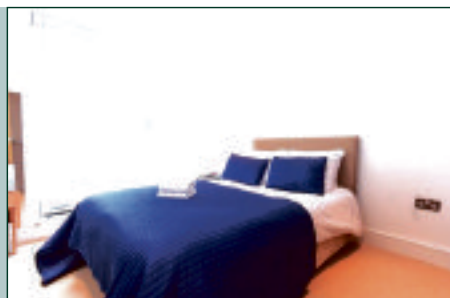


Canary Wharf office
Horizon Building, 15 Hertsmere Road, London E14 4AW
Tel: 020 7515 1000 | canarywharf@chaseevans.co.uk

City of London Office
45 Aldgate High Street, London EC3N 1AL
Tel: 020 7488 2777 | city@chaseevans.co.uk



Chase Evans

**Indecon Square, E14****£598,999 L/H**

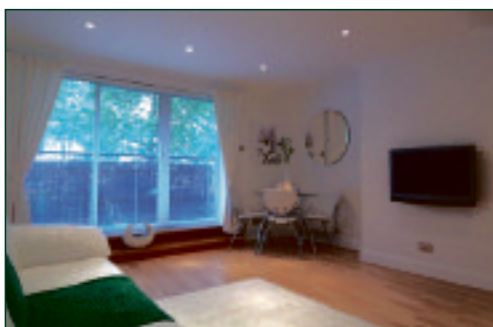
Two bedroom, two bathroom, dual aspect penthouse apartment on the 6th floor of this landscaped, courtyard development with 24 hour concierge, ideally located close to the Canary Wharf business district, the Jubilee line and extensive shopping and leisure facilities. This property benefits from a private, wrap around terrace, fully integrated and appliances kitchen, wood flooring, tiled bathroom and ensuite shower room and one underground parking space.

Pan Peninsula 020 7538 7900

**Coral Apartments, E16****£350 pw**

One bedroom apartment with secure parking space and balcony situated on the 11th floor of this contemporary dockside development. The property boasts approximately 700 sq ft of living space and benefits from stunning views across Royal Docks towards the O2 and Canary Wharf.

Canary Wharf 020 7515 1000

**Virginia Quay, E14****£315 pw**

A recently refurbished, bright and spacious, one double bedroom, designer furnished apartment with gas central heating, fully integrated kitchen and allocated parking space. Ideally situated for easy access to Canary Wharf and local transport links.

Docklands 020 7510 8444

**No1 The Plaza, E3****£300 pw**

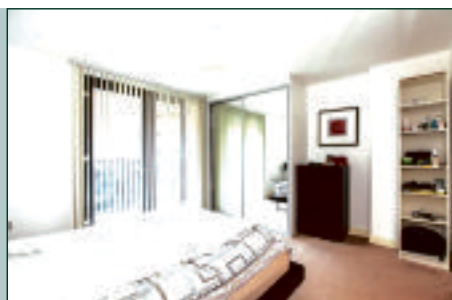
One bedroom apartment set on the 8th floor of this luxurious Barratt Homes development with 24 hour concierge and gymnasium located next to Bromley-by-Bow tube station. The property benefits from a living/dining area with private balcony and a fully integrated kitchen.

Canary Wharf 020 7515 1000

**Maple Quays, SE16****£415,000 L/H**

Chase Evans is pleased to offer this light and spacious, 1st floor apartment measuring approximately 563 sq ft. The property features a large south east facing balcony off both the reception and bedroom, open plan kitchen and built in wardrobing. Maple Quays is ideally located next to Canada Water tube station for the Jubilee line and close to Surrey Quays shopping centre and benefits from 24 hour concierge service and residents' gymnasium.

Canary Wharf 020 7515 1000

**Docklands office**

St Davids Square, 320 Westferry Road, London E14 3QL

Tel: 020 7510 8444 | docklands@chaseevans.co.uk

Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP

Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk



Pan Peninsula Square, E14

£2,350,000 Leasehold

An exceptional, never lived in 1960sq ft 38th floor 2 / 3 bedroom premier apartment in the East tower of the sought-after Pan Peninsula development. The apartment has been thoughtfully upgraded by the current owner to a higher specification than the developer's standard. 2 valet parking spaces are included. Chain free. EPC rating B



Landmark East Tower, E14

£1,699,950 Leasehold

A 3 bedroom, 2 bathroom penthouse apartment on the 44th floor in this prestigious development. Measuring in excess of 1800sq ft the apartment also features a south-facing balcony, towering views of the river & Canary Wharf & 2 secure parking spaces. EPC rating C



Zenith Building, E14

£465,000 Leasehold

A 2 bedroom 2 bathroom apartment affording southerly views of the Limehouse Marina. Presented in excellent condition with an open-plan kitchen/reception & 2 well-proportioned bedrooms, the Zenith Building is located next to Limehouse DLR station. EPC rating C

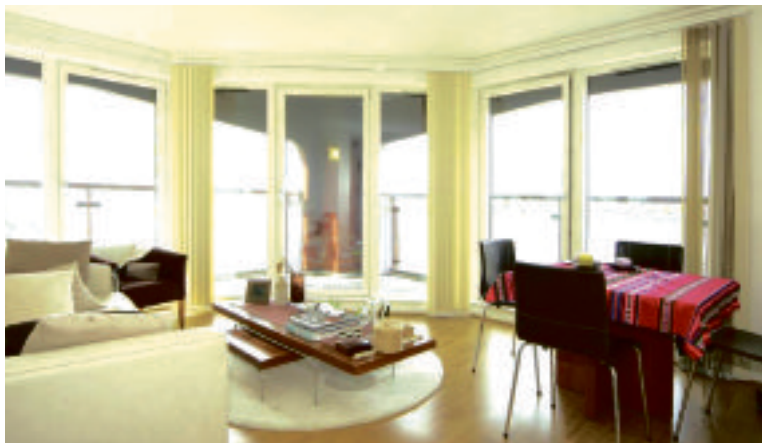


Pierhead Lock, E14

£335,000 Leasehold

An unusual 545sq ft 1st floor 1 bedroom apartment with a sizeable terrace in the award-winning Pierhead Lock development. Conveniently located 250 metres from South Quay DLR station. The property benefits from secure parking & daytime porterage. EPC rating C

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Seacon Tower, E14 £450 per week

A two bedroom apartment on the 2nd floor of this popular riverside development. The property boasts spectacular river views from the reception room and private balcony and benefits from two double bedrooms, two bathrooms and a secure allocated parking space. The development is conveniently located within walking distance of Canary Wharf and its transport and amenities and has a 24 hour concierge and leisure facilities. Available Now! EPC rating C.



Port East Apartments, E14 £1,650 per week

A split level penthouse in this desirable warehouse conversion development in the heart of Canary Wharf. The property boasts 3 double bedrooms, all with good storage, 2 with en suite bathrooms and additional shower room, a beautiful and extremely spacious open plan reception with dining area, state of the art kitchen and charming original features throughout including exposed brickwork, beams and wooden floors. The apartment further benefits from 2 secure parking spaces and 24 hour concierge. Located in the heart of Canary Wharf the apartment is ideally situated within walking distance of all Canary Wharf's amenities. EPC rating E.



New Atlas Wharf, E14 £450 per week

A lovely two double bedroom, two bathroom apartment in this sought after development, located within easy walking distance to Canary Wharf. The property offers river views from the reception room and both bedrooms and benefits from a private balcony, residents gym, parking and a 24 hour porter. EPC rating C.



Orion Point, E14 £750 per week

A beautiful well located penthouse apartment benefiting from double height floor-to-ceiling windows. The property is finished to a high standard & has a private balcony with direct river views over the Thames. The property comprises 2 double bedrooms with direct access to the balcony & fitted wardrobes, family bathroom and a large fully fitted kitchen. The development also benefits from a porter and gym. EPC rating E.

Berkeley Tower, E14 £625 per week

Chesterton Humberts are pleased to offer this 13th floor, 2 bedroom, 2 bathroom apartment in Canary Wharf's premier development. Boasting towering views of the river and Canary Wharf, this spacious (1200 sq feet) apartment features 2 large bedrooms, 2 bathrooms (1 en-suite), concierge and is within easy walking distance of Canary Wharf and all amenities. EPC rating D.

Boardwalk Place, E14 £475 per week

A modern and spacious 2 bed apartment in this popular development in Canary Wharf. The property comprises 2 double bedrooms 2 bathrooms a separate fully fitted kitchen and large reception with a private balcony and beautiful marina views. The development is within walking distance of Canary Wharf and all its amenities and benefits from a 24 hour porter. EPC rating C.

New Atlas Wharf, E14 £335 per week

A modern one double bedroom apartment in this popular riverside development near Canary Wharf. The property benefits from a large double bedroom, reception with balcony access and direct river views, separate fully fitted kitchen and modern bathroom. The property is available fully furnished and also benefits from parking. The development benefits from porter and gym. EPC rating B.

Baltimore Wharf, E14 £495 per week

A modern apartment in this very popular new development next to Crossharbour DLR station. The property comprises an open plan kitchen and reception, 2 double bedrooms, 2 bathrooms and balcony. The development is located walking distance from Canary Wharf and all its amenities and benefits from a 24 hour porter and gym. EPC rating B.

Ability Place, E14 £525 per week

A stunning dock facing apartment in this popular Canary Wharf development. The property boasts 2 double bedrooms both with fitted wardrobes, 2 bathrooms, open plan kitchen/reception with access to a large private balcony looking directly over the tree lined dock. The property is finished to the highest of standards and also comes with an allocated parking space. The development boasts a 24 hour concierge and gym and is located walking distance of Canary Wharf and all its amenities. EPC rating C. Available.

Ontario Tower, E14 £335 per week

This studio suite on the 20th floor of this prestigious development is currently being completely refurbished! Located walking distance from all of Canary Wharf's amenities the property boasts spectacular views of the river and Canary Wharf and the development benefits from a 24 hour concierge and residents gym. EPC rating B.

Constable House, E14 £365 per week

A 1 bed apartment in this desirable South Quay development. The property boasts one double bedroom, reception with access to a private balcony and open plan fully fitted kitchen. The development boasts 24 hour porter, gym and swimming pool and is located walking distance to Canary Wharf and all its amenities. EPC rating B.

New Providence Wharf, E14 £340 per week

A well presented one bedroom apartment on the 8th floor in the desirable New Providence Wharf development. The property comprises of one bedroom, kitchen, reception, bathroom and a private balcony. The property is offered fully furnished and includes access to the gym & swimming pool. EPC Rating B.

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London

Sales

Alan Selby & Partners is now called CBRE

ALAN SELBY
AND PARTNERS**Naxos Building, E14**
Two Bedroom Apartment

Rare to the market is this two bedroom, two bathroom apartment, situated in this private gated development. Offering stunning views on to the River Thames and London skyline, the accommodation comprises of open plan modern stylish kitchen/lounge, West facing balcony, and Master bedroom with en-suite shower room, second bedroom and bathroom. The apartment also benefits from a secure allocated parking space. The development benefits from 24 hour concierge and leisure facilities including gym, spa and Jacuzzi. Naxos Building is within easy access to Canary Wharf, providing transport links to and from the city.

**£499,995****Pointers Close, E14**
Three Bedroom House

A larger than average three bedroom mid-terrace town house. Offering spacious accommodation comprising; 1st floor reception room with indirect river views, open plan kitchen and dining room, master bedroom suite with en-suite bath and shower room, main bathroom, front and rear garden.

The property is set on a private no through road with pedestrian access to the Thames foot path. Mudchute DLR station is approximately 450 metres away and the Canary Wharf estate is within 1 mile, offering an abundance of shops, bars, restaurants and leisure facilities. This property is ideal for both a family or a investor looking for a larger London residence.

**£675,000**

+44 (0)20 7519 5900

residential.canarywharf@cbre.com

www.cbre.co.uk/residential

CBREResidential
London

Lettings

Alan Selby & Partners is now called CBRE

ALAN SELBY
AND PARTNERS**Inverness Mews, E16**
One Bedroom Apartment

This beautifully presented one bedroomed apartment in Galleons Lock is available from the middle of January 2014. This impressive apartment has great living space throughout, the property comprises of a spacious reception room (kitchen and lounge area), double bedroom and family bathroom. A balcony also offers impressive views of London and the River Thames. The apartment is offered fully furnished to a very high standard. Secure underground parking is also available.

Inverness Mews is a secure modern development, with an entrance phone system. Situated in a quiet residential area the development has easy access to central London via King George V DLR Station.

**£250 per week****Millennium Harbour, E14**
Two Bedroom Apartment

A spacious two bedroom two bathroom apartment in the sought after Millennium Harbour development. The property offers a spacious lounge, semi open plan fully fitted kitchen, two double bedrooms with en-suite shower room to master and walk-in wardrobe to second bedroom.

There is a large balcony with stunning views across the river towards the City. The property is offered furnished and other benefits include 24 hour concierge, leisure facilities and secured parking.

**£425 per week**

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WE KNOW WHY BUYERS DO TOO.

fjlord.co.uk

Felicity J. Lord



THE CIRCLE, SE1
£1,275,000

This three bedroom two bathroom south facing penthouse apartment offers spacious living accommodation throughout including large terrace, refurbished kitchen and bathrooms and air conditioning.

SHAD THAMES 020 7089 6490
Ref: FJL027604431
EPC - D



SKYLINE COURT, SE1 **£569,950**

A two bedroom two bathroom penthouse apartment found within this sought after SE1 development. Offering spacious living accommodation throughout the property also includes private terrace and secure parking.

SHAD THAMES
020 7089 6490
Ref: FJL027604535 | EPC - C



MILLENNIUM SQUARE, SE1

GUIDE PRICE £750,000 - £775,000

Located within this sought after Shad Thames development is this superb two bedroom third floor apartment with private balcony offering views of the Shard. Other features include luxury bathroom, and secure parking.

SHAD THAMES 020 7089 6490
Ref: FJL027603996 | EPC - C

NEW CALEDONIAN WHARF, SE16

OIEO £400,000

An amazing one bedroom apartment in excess of 700sqft internally featuring balcony with direct views of the River Thames. The development offers 24 concierge service, swimming pool, gym and bbq terrace for all residents. Offered chain free.

SURREY QUAYS 020 7237 2320
Ref: FJL | EPC - C



COMMODORE BUILDING, SE1 **£675,000**

This two bedroom two bathroom apartment offers a large 21' rear terrace as well as a private balcony. Other features include fitted kitchen and underground parking. Early viewing is highly recommended.

SHAD THAMES 020 7089 6490
Ref: FJL027604545 | EPC - C



GLOBE WHARF, SE16

£480,000 - £500,000

A two bedroom, two bathroom warehouse style apartment set on the fourth floor of this converted 'Rice Mill'. Benefitting from exposed brickwork and steel beams internally in the apartment as well as allocated parking space.

SURREY QUAYS
020 7237 2320
Ref: FJL113200753
EPC - C



ADMIRALS COURT, SE1 **£749,000**

This pretty two bedroom two bathroom apartment is situated within the heart of Shad Thames with views over Tower Bridge Piazza. Features include two private balconies, porter and secure underground parking. Viewing highly recommended.

SHAD THAMES 020 7089 6490
Ref: FJL027604516 | EPC - C

RUSHCUTTERS COURT, SE16

£365,000 - £385,000

A two bedroom apartment situated next to South Dock Marine, the property is located within minutes walk to Surrey Quays and Canada Water Station and all local amenities.

SURREY QUAYS
020 7237 2320
Ref: FJL113200983
EPC - C



TORONTO HOUSE, SE16

£400,000 - £430,000

A one bedroom apartment forming part of the popular Maple Quays development, set over three floors with balcony spanning a cross the reception room and master bedroom. Benefits include on site gym and concierge service.

SURREY QUAYS 020 7237 2320
Ref: FJL113200938 | EPC - C



OCTAGON COURT, SE16 **£820,000**

A three bedroom split level apartment set in the gated development along Rotherhithe Street just minutes walk from the station. Benefitting from large private terrace with direct River Thames and the City skyline.

SURREY QUAYS 020 7237 2320
Ref: FJL113200991 | EPC - C

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GREAT PLACES TO EAT AND DRINK, A MOMENT'S COMMUTE TO ONE OF
WORLD'S FINANCIAL POWERHOUSES, A FRESH BREEZE FROM THE RIVER
AND APARTMENTS WITH STUNNING VIEWS.

Unit 3c, South Quay Plaza,
185 Marsh Wall, Canary Wharf,
London, E14 9SH

Felicity J. Lord



APOLLO BUILDING, E14
£499,995

Offering spectacular views South Westerly across the River Thames is this stylish two bedroom, two bathroom apartment located within the Odyssey Development. On site facilities include private gym, undercover gated parking and 24 hour concierge.

CANARY WHARF
020 7987 6776
Ref: FJL026904292
EPC -



FORGE SQUARE, E14
£345,000

This modern two double bedroom apartment is spread over two floors of this recently built gated development. With well proportioned rooms all finished in a neutral decor, this well located apartment must be viewed.

CANARY WHARF 020 7987 6776
Ref: FJL026904265 | EPC -



ARRAN HOUSE, E14
£449,995

Offering a lovely southerly view over a canal is this well proportioned two double bedroom apartment with its own private garage, a few minutes walk from Canary Wharf.

CANARY WHARF 020 7987 6776
Ref: 5123648 | EPC -



CALEDONIAN WHARF
£279,995

This lovely 1 double bedroom apartment is positioned on the top floor of this purpose built private development. Offered with a Share of Freehold and a low annual service charge this south-east facing apartment also comes with parking.

CANARY WHARF 020 7987 6776
Ref: FJL026904256 | EPC -



NAXOS BUILDING, E14
£339,995

This immaculate 1 bedroom apartment comes with river views from all principle rooms and direct access to a private terrace and communal gardens. This contemporary styled property is finished to a high specification throughout. Naxos building enjoys some superb on-site facilities including a resident's gym, library and 24 hour concierge. Canary Wharf is also only a short walk away.

CANARY WHARF
020 7987 6776
Ref: FJL026904271
EPC -

CLARA GRANT HOUSE, E14 8PH



PUBLIC NOTICE Felicity J Lord are now in receipt of an offer for the sum of £320,158 for Flat 10 Clara Grant House, Mellish Street, E14 8PH. Anyone wishing to place an offer on the property should contact: Felicity J Lord, Unit 3c, South Quay Plaza, 185 Marsh Wall, London E14 9SH prior to exchange of contracts.

CANARY WHARF 020 7987 6776
Ref: FJL026904307 | EPC - F

QUAY VIEW APARTMENTS, E14
£524,995

Immaculate top floor apartment with beautiful direct dock views towards Canary Wharf, the property is set over two floors and offers two huge bedrooms, two bathrooms, fitted kitchen, allocated parking, and share of freehold

CANARY WHARF
020 7987 6776
Ref: FJL026904315
EPC -



WESTGATE APARTMENTS, E16
£329,995

Positioned next to the Excel Centre is this contemporary styled 2 double bedroom 2 bathroom ground floor apartment. This apartment includes secure parking, concierge and is within walking distance to the DLR and the Thames cable car.

CANARY WHARF 020 7987 6776
Ref: FJL026904300 | EPC -



VIRGINIA QUAY, E14
£389,995 – SOLD

We have buyers waiting for all types of apartments in Virginia Quay. Call us now if you have a property to sell and take advantage of our exclusive agency fee's.

CANARY WHARF 020 7987 6776
Ref: FJL026904120 | EPC -

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WE KNOW WHY BUYERS DO TOO.

fjlord.co.uk

Felicity J. Lord



CATHERINE GROVE, WEST GREENWICH £425,000

A three double bedroom, two bathroom apartment located in the Historic Royal Herbert Pavilion set within seven acres of ground featuring a fitness centre, pool, gymnasium and tennis courts, complete with residents bar to relax in, this amazing lifestyle development is well worth seeing.

GREENWICH
020 8293 8555
Ref: FJL027104015
EPC - C



SSTC
Another Wanted

LONG MILL, WEST GREENWICH £470,000

A stunning apartment in a converted flour mill, offering generous accommodation, and a high specification contemporary finish blended with attractive warehouse style features.

GREENWICH 020 8293 8555
Ref: FJL027103860 | EPC - B



SSTC
Another Wanted

POINT HOUSE, WEST GREENWICH £635,000

A rare opportunity has arisen to purchase a spacious two double bedroom apartment set in an historic mansion in West Greenwich, offering gorgeous period features, contemporary kitchen and bathrooms, and amazing communal gardens.

GREENWICH 020 8293 8555
Ref: FJL027104075 | EPC - C

MERCIA GROVE, SE13 £499,950

Situated in the Conservation Area, moments away from Lewisham High Street, Train Station and DLR offering excellent links to Canary Wharf and Central London this charming three bedroom Victorian Town House has accommodation over three floors and is full of appealing period features.

GREENWICH 020 8852 9522
Ref: FJL010604716 | EPC - C



ELTHAM PARK GARDENS, SE9

£550,000 - £575,000

Five bedroom semi-detached Edwardian house with a well stocked garden with several seating areas for the avid sun worshipper. Features include an ensuite bathroom to the master bedroom, two reception rooms, a kitchen/diner and ground floor w.c.

BLACKHEATH STANDARD 020 8293 1143
Ref: FJL010705340 | EPC - C



ROYAL MILITARY ACADEMY, SE18

£315,000 - £800,000

A unique selection of two - four bedroom contemporary apartments, Grade II listed conversions and stunning houses set within the historic surroundings of the Royal Military Academy, home to the Blackheath Cricket Club and rich in its architecture and character.

BLACKHEATH STANDARD
020 8293 1143
Ref: FJL010705462
EPC -



SSTC
Another Wanted

BARDON LODGE, STRATHEDEN ROAD, SE3

£600,000 - £640,000

An impressive, double fronted contemporary apartment within an imposing Victorian residence just yards from the heath stretching over 1068 sq ft with the sole use of a private courtyard, entrance and allocated parking.

BLACKHEATH STANDARD 020 8293 1143
Ref: FJL010705186 | EPC - C

FLORENCE HOUSE £335,000

A three double bedroom, two bathroom apartment located in the Historic Royal Herbert Pavilion set within seven acres of grounds featuring a fitness centre, pool, gymnasium and tennis courts, complete with residents bar to relax in, this amazing lifestyle development is well worth seeing.

BLACKHEATH VILLAGE
020 8852 9522
Ref: FJL010604697
EPC - C



KENDALL ROAD, SE18

Guide Price £275,000 - £295,000

Located in a highly desirable cul de sac, this well proportioned terrace house comprises two bedrooms a downstairs cloakroom, spacious loft, and lovely rear garden. Features include off street parking, double glazed windows and is available chain free.

BLACKHEATH VILLAGE 020 8852 9522
Ref: FJL010604689 | EPC - C



KIDBROOKE GROVE, SE3 £265,000

Located moments from the Heath is this well proportioned conversion is situated on the first floor of an impressive detached Victorian house conveniently located for the Village Centre comprising a double bedroom, living room, bathroom/WC and an amazing communal garden. This property must be viewed.

BLACKHEATH VILLAGE 020 8852 9522
Ref: FJL010604667 | EPC - C

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SJ

SPENCER JAMES
RESIDENTIAL**LETTING WITH AN
UNLICENSED AGENT CAN
BE A DANGEROUS GAME...**

Make sure that your agent is licensed with the following...

**PUBLIC NOTICE****Harrison Bell House,
Oak Crescent, Canning Town,
London, E16**Spencer James are now in receipt of an offer for the sum of **£170,000** for flat 8 Harrison Bell House, Canning Town, E16 4QL.

Anyone wishing to place an offer on this property should contact Spencer James Residential, 8 Hartlepool Court, Galleons Lock, E16 2RL - 02074743636 before exchange of contracts.

**Galleons Lock, E16**

- One Bedroom Apartment
- Separate Kitchen
- 24hr Security
- Ample Parking
- Close To Local Amenities

£185,000 Leasehold**Canning Town, E16**

- Offered Chain Free
- Three Bedroom Semi Detached House
- Large Garden
- Street Parking
- Close to Local Amenities

£224,950 Freehold**Galleons Lock, E16**

- First Floor Two Bedroom Apartment
- Recently Refurbished
- Fully Fitted Modern Kitchen
- Fitted Wardrobes In Both Bedrooms
- Close To Local Amenities

£245,000 Leasehold**Galleons Lock, E16**

- Two Bedrooms & Two Bathrooms
- Offered Chain Free
- 24hr Security
- Close To Local Transport Links
- Plenty Of Off Road Parking

£255,000 Leasehold**PUBLIC NOTICE****Wards Wharf Approach,
North Woolwich, London, E16**Spencer James are now in receipt of an offer for the sum of **£280,000** for flat 33 Wards Wharf Approach, North Woolwich, London E16 2EY.

Anyone wishing to place an offer on this property should contact Spencer James Residential, 8 Hartlepool Court, Galleons Lock, E16 2RL - 02074743636 before exchange of contracts.

**Galleons Lock, E16**

- Two Double Bedrooms & Two Bathrooms
- 24hr Security
- Secure Underground Parking
- On-site Shops
- Close To Local Transport Links

£264,995 Leasehold**Western Gateway, E16**

- One Bedroom Apartment
- Authentic Warehouse Conversion
- Next To ExCel Exhibition Centre
- High Mezzanine Storage Area
- En-suite Bathroom & Additional WC/Shower

£264,995 Leasehold**Galleons Lock, E16**

- Large One Bedroom Apartment
- Top Floor
- Open Plan Fitted Kitchen
- Balcony With Direct River Views
- Secure Underground Parking

£230 PW Fully Furnished**Royal Quay, E16**

- Available Now
- Two Bedrooms & Two Bathrooms
- 4th Floor Apartment
- On-site Shops & Gym
- Close To Galleons Reach DLR Station

£230 PW Fully Furnished**Galleons Lock, E16**

- Available Now
- Two Bedroom & Two Bathroom Apartment
- Separate Kitchen
- Off Street Parking
- Close To Local Amenities

£350 PW Fully Furnished**Woolwich Road, SE10**

- Available End Of January
- One Bedroom Apartment
- Modern Fitted Kitchen
- Allocated Parking Space
- Close To Many Local Amenities

£260 PW Fully Furnished**Royal Quay, E16**

- Available Beginning Of February
- Two Bedrooms & Two Bathrooms
- 6th Floor Apartment
- Large Balcony With Views Of The Marina
- Very Close To Galleons Reach DLR & UEL

£350 PW Fully Furnished**Galleons Lock, E16**

- Available Now
- Four Bedroom Townhouse
- Three Bathrooms (One En-suite)
- Completely Refurbished
- Large Kitchen/Diner

£450 PW Furnished or Unfurnished**Matthew Parker Street, SW1H**

- Two Bedroom Duplex Apartment
- Double Height Reception Room
- Separate Fully Fitted Kitchen
- Located Next To St James's Park
- 24hr Concierge

£675 PW Fully Furnished**Matthew Park Street, SW1H**

- 697 Sq. ft. One Bedroom Apartment
- Large Reception Room
- State Of The Art Fitted Kitchen
- Modern Bathroom
- Large Bedroom With Storage Space

£600 PW Fully Furnished**THIS WEEK'S
LETTING HOTSPOTS**

This week we have registered applicants looking to rent in:

**Galleons Lock
Tradewinds Court
Capital East
Britannia Village****If you have a property to let in
any of the above please call us.****www.spencer-james.co.uk**

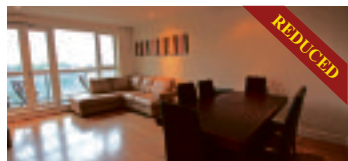


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Property Brokers

DOCKLANDS & CANARY WHARF



£691 PW

EATON HOUSE, CANARY RIVERSIDE, E14

- * Two Bedroom Apartment
- * Circa 1,302 sq ft
- * 5th Floor with river views
- * Balconies off lounge and bedroom
- * Open plan living space
- * Excellent transport links
- * Available now



KINGSBRIDGE COURT, ISLE OF DOGS, E14 £374 PW

- 2 Bedroom Apartment
- Secure Gated Development
- Two Car Parking Spots
- Available Furnished From 31st Jan



FREE TRADE WHARF, THE HIGHWAY, E1 £500 PW

- Two bedroom apartment
- Ground floor with terrace
- Partly furnished with parking
- Available 15th



PIGOTT STREET, LONDON, E14 £285,000

- Modern one bed flat
- Fully fitted kitchen
- Built in wardrobes
- Excellent transport links



MILLHARBOUR, ISLE OF DOGS, E14 £365,000

- One Bed Ground Floor Apartment
- Bright and Airy Square Reception
- Direct River Views & Parking
- Vacant Possession June 2014

BLACKHEATH & GREENWICH



£799,500

HALSTOW ROAD, GREENWICH SE10

- * 3 Bedroom House
- * Built over three storeys
- * Underground heating throughout
- * Large rear garden with patio
- * Three bathrooms
- * Close to Greenwich Park & The O2
- * Excellent Transportation Links



MAZE HILL, GREENWICH, LONDON, SE10 £600 PW

- Separate kitchen opening out into the rear garden
- Good sized attic for storage and a garage
- Dining room/Reception room
- Furnished • Available Now



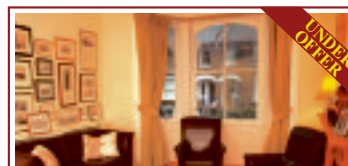
GLENLUCE ROAD, BLACKHEATH, SE3 £808 PW

- Five bedroom house
- Circa 2,500 sq ft
- Large garden for entertaining
- Available now



MAURER COURT, GREENWICH, SE10 £457,000

- Two bedroom apartment
- Open plan living space
- Two balconies with river views
- Close to North Greenwich Station



LANGDALE ROAD, GREENWICH, SE10 £1,450,000

- Five storey terrace house
- Six bedrooms, four bathrooms
- Circa 2,800 sq ft
- Rear garden for entertaining


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The Suite LG, 655 Commercial Road, Limehouse, London E14 7LW





Docklands Office - 429 Westferry Road, London, E14 3AN
T: 020 7538 5554 - docklands@hollandproperties.co.uk

Surrey Quays Office - 192 Lower Road, Surrey Quays, London, SE16 2UN
T: 020 7231 8160 - surreyquays@hollandproperties.co.uk

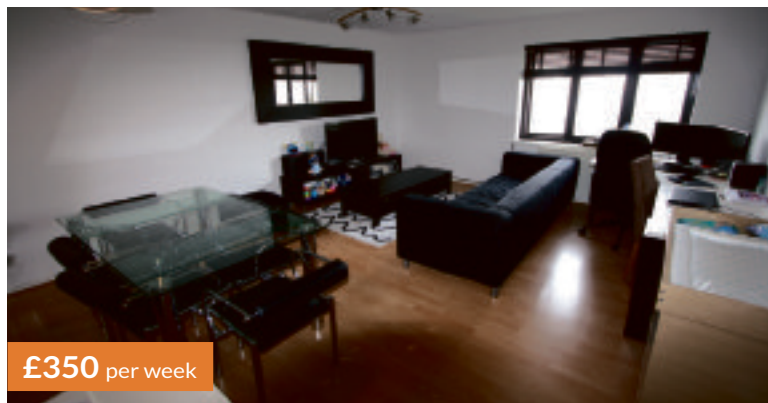
www.hollandproperties.co.uk



£325 per week

Meridian Place, E14

A spacious one bedroom apartment situated within a few minutes' walk of South Quay DLR station. Situated on the second floor and benefits from a private balcony with views of the river and Canary Wharf. New wood floors, separate kitchen and lounge, hallway, extremely well maintained development, porter, parking and on site cafe. The property is fully furnished and available February 5th.



£350 per week

Van Gogh Court, E14

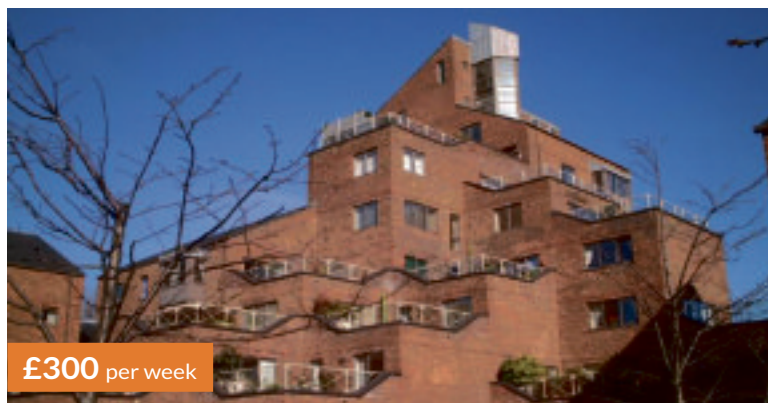
A bright and spacious two bedroom apartment available furnished in this riverside development. The property features a spacious reception, large separate kitchen, modern bathroom, laminate wood flooring, great storage, gas central heating and off street parking.



£370 per week

Marina Point, E14

Top floor two bed, two bath apartment. Double bedrooms, fully fitted kitchen, wood flooring, furnished, underground parking, next to Crossharbour DLR station and amenities. Walking distance to Canary Wharf. Available 6th March.



£300 per week

Cumberland Mills, E14

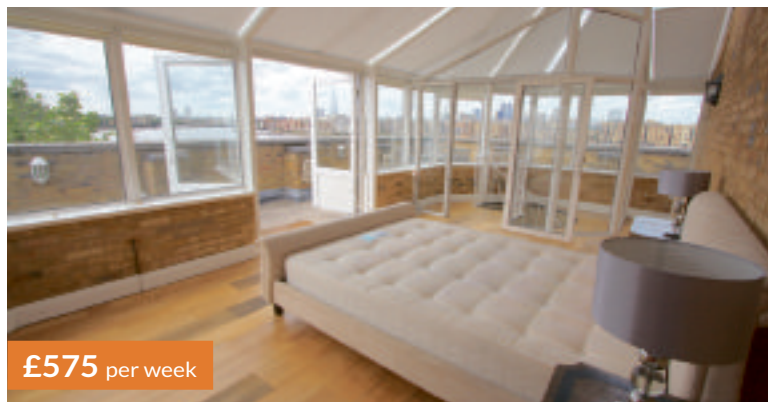
One bedroom apartment situated on the second floor of this secure gated development just minutes from Island Gardens DLR. Offered furnished, the property boasts wood flooring, gas central heating, access to balcony, allocated parking, concierge and easy access to Greenwich via foot tunnel.



£370 per week

Rainbow Quay, SE16

We are proud to present this lovely two bed, two bath apartment situated in the heart of Rotherhithe with views overlooking Greenland Docks and Canary Wharf. The property is offered fully furnished. Available 8th March.



£575 per week

Octagon Court, SE16

Stunning large three double bedroom penthouse apartment. Two bathrooms, decorated to a high standard boasting two balconies off the lounge that directly sit over the River Thames. Lots of natural sunlight, a spiral staircase takes you up to another bedroom that leads to your own very large private roof terrace.

Bigger + better in 2014

Celebrate

Eat

Drink

Network

Enjoy

Prices

**£85 per
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£80 for 4+

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entertainment at the Hilton London Canary Wharf on May 8

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Solicitors

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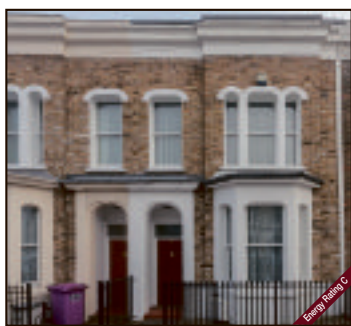
020 8981 3331



Bow, E3

WJ Meade are pleased to offer the modern one bedroom apartment within a private gated development. Arranged with an open plan kitchen to reception and three piece bathroom suite. Benefitting from secure allocated parking and entryphone system. Situated within close proximity of Bow Road underground station and Bow Church DLR.

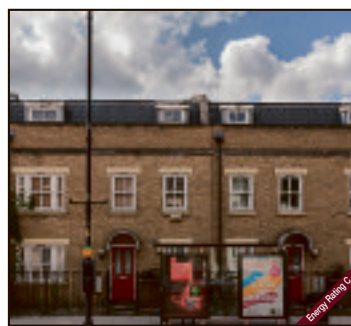
245,000 L/H



Bow E3

W.J.Meade are delighted to offer for sale as sole agents this Victorian style terraced house situated in a quiet cul-de-sac within the Tredegar Square Conservation Area. The many outstanding features include three double bedrooms, first floor bathroom, designer kitchen/breakfast room, through living room, shower room, south east facing landscaped rear garden, gas central heating, views across Mile End Park. Clinton Road adjoins the footpath leading to Regents Canal and Victoria Park.

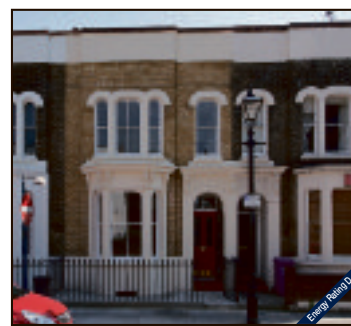
£715,000 F/H



Bow E3

W.J.Meade are delighted to offer for sale this three storey modern town house within the Tredegar Square conservation area. The many outstanding features include three bedrooms, two bathrooms, designer fitted kitchen, reception room, guest cloakroom, south west facing conservatory and patio garden, walk-in storage cupboard, allocated off street parking behind security gate, alarm system direct to police station. Walking distance to Mile End central line station and ideal for purchasers working in the West End, City and Docklands.

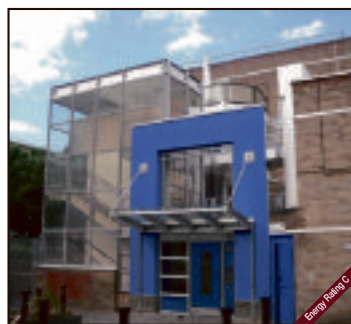
£565,000 F/H



Bow E3

WJ Meade are pleased to present this newly refurbished three double bedroom mid terrace Victorian house within the Medway Conservation Area. Arranged with a through reception, designer fitted kitchen/diner with bi-fold doors out to south facing rear garden, ground floor cloakroom and stylish first floor family bathroom. Retaining many original features alongside contemporary decor, available fully furnished from mid-February.

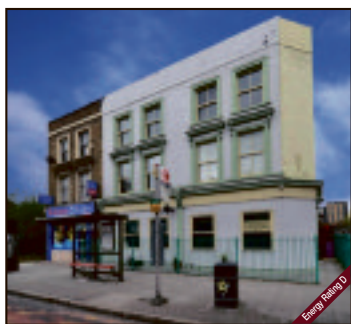
£580 per week



Whitechapel E1

WJ Meade are pleased to offer this spacious two bedroom split level apartment within a refurbished ex-council block. Arranged with a fitted kitchen, separate reception room, bathroom with separate WC and two balconies. Well situated close to Whitechapel station, providing easy access into the City. Ideal for first time buyers and buy-to-let investors.

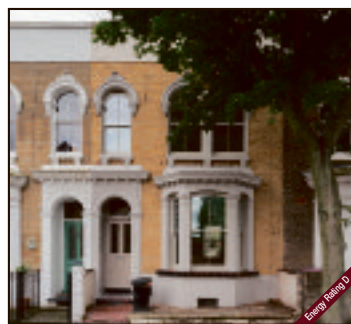
£295,000 L/H



Bow E3

WJ Meade are pleased to offer this 775sq ft split level apartment within a terraced Victorian building. Arranged over the ground and lower ground floors, with an open plan fitted kitchen to reception, shower room and small West facing patio. The property is in need of cosmetic updating, but benefits from high ceilings, sash windows and a brand new lease. Situated close to Mile End station and Victoria Park. Chain free.

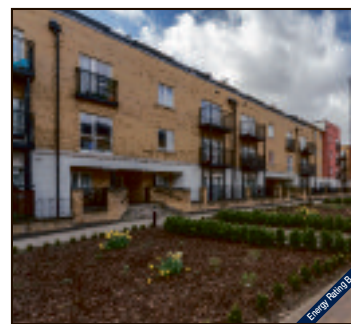
£365,000 L/H



Bow E3

W.J.Meade are delighted to offer for sale this Victorian terraced house. The many features include through living room with two marble feature fire places, original floor boards, kitchen/breakfast room, three double bedrooms, first floor bathroom and south facing patio. Walking distance to Mile End underground station and easy access to Victoria Park. This property is in need of some finishing touches.

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Beckton

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Asking Price £ 985,000



Caspian Wharf · E3

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The Landmark · East Tower · E14

1 bedroom, 1 bathroom apartment | Available mid March | Close to Heron Quay DLR | 38th Floor | Walking distance to Canary Wharf

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